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GOLD GETTERS

London's Tessa Virtue and Scott Moir of Ilderton, Ont., skated their way to Olympic gold last night after turning in a strong performance in the free dance portion of the ice dance competition. More Olympic coverage, pages 6, 18, 19.

Uplifting music

Students sang songs to keep spirits up after ship sank

The rafts were the worst part.

Tattered and torn during the frantic escape from the S.V. Concordia, the inflatable rafts were salt baths, filled with vomit, human excrement and people.

"You do what you can. We were together and alive," Sam Palonek, 16, said of the 40 hours she floated in the Atlantic. "We just sang to keep our spirits up, keep us laughing. It was the most important thing."

Journey's Don't Stop Believing, Disney medleys. Even Happy Birthday was trotted out for a boy celebrating the occasion in a nearby raft.

"We started singing American Pie, but we got to the line, 'That'll be the day that I die.' We axed that." Student Sam Palonek

"We started singing American Pie, but we got to the line, 'That'll be the day that I die,'" she said. "We axed that."

Palonek was one of 64 people who escaped the sinking tall ship after a strong burst of wind knocked the vessel on its side last Wednesday and sent it to the bottom of the Atlantic, 555 kilometres from the Brazilian coast.

Palonek, originally from Burlington, arrived at Pearson airport yesterday morning, along with the other Canadian students and teachers aboard the ship.

Everyone expected to be rescued by Thursday afternoon. Thursday evening arrived.

"When the captain started to look a little worried, we started thinking maybe our distress signal didn't go off," Palonek said. "I still don't know why it took so long."

They sang and joked to ease the tension. "I had a math test the next period, so I said, you know, anything to get out of studying."

At 7 p.m., there was a light in the distance, a plane. "Everyone broke down crying," she said. "It was probably the best moment in my life."

As it got closer, they lit flares. Just after midnight, two cargo ships arrived, but the water was rough, so the rafts bobbed alongside the boat until morning. Early Friday, ladders were sent down the sides of the ship and they were rescued.

TORSTAR NEWS SERVICE

GTA going through a snow drought

WEATHER Despite yesterday's snowstorm, Toronto is experiencing a snow drought while cities like Washington, D.C., have been buried in snow, says a Canadian climatologist.

Weather patterns across Canada — and the GTA — over the past four years have been inconsistent, suggesting to climatologist Dave Phillips that the weather and seasons are becoming increasingly variable. In fact, after two years of very heavy snowfalls, this winter Toronto and the region are experiencing what can only be described as a "snow drought," Phillips said.

But neither Phillips nor Accuweather meteorologist Tom Kines believe this is all due to climate change.

Rather they attribute it to El Niño — a weather pattern that occurs when Pacific waters off the northwest coast of South America become unusually warm.

And this has meant a "snow drought" for Toronto and the GTA. "This time last year we had 145 centimetres of snow (at Pearson airport)" said Phillips. "We've had 36 centimetres so far this year."

TORSTAR NEWS SERVICE

News on the Move

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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

- **Today — Luongo given start in Team Canada's do-or-die game against Germany, page 19**

Food pg 30

Recipes for your heart

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Tomorrow's Metro

West View

Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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WHAT'S ONLINE TODAY

Video So we didn't own the podium. Don't worry, says the second man on the moon, who suggested first isn't needed for success at **metronews.ca/canada**

Video A former Canadian hostage shows sympathy for her captors in first speech since she was freed at **metronews.ca /canada**

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Backbencher pushes TTC bill

David Caplan introduces bid to declare transit essential

A bid by a Liberal backbencher to have the Toronto Transit Commission declared an essential service passed an initial hurdle yesterday even as the province warned it wasn't a move it would ultimately support.

Former health minister David Caplan has introduced a private member's bill that would prevent a strike or a lockout at the transit commission and lays out an arbitration process in cases where bargaining breaks down.

If passed, the bill would make Toronto's system the first in the province to be declared essential and would open the door for others to be given the same designation.

"Even if you drive your car, when the transit service is not working well, it creates tremendous congestion and gridlock..."
MPP David Caplan

"I do receive complaints about the service and the perceived decline in service — that highlights to me how important it is in the lives of people in Toronto, whether they use the transit or not," Caplan said.

"Even if you drive your car, when the transit service is not working well, it creates tremendous congestion and gridlock, it makes the city literally impossible to move around in."

While the bill passed first reading with a vote of 39 to seven, opposed only by the NDP, Transportation Minister Kathleen Wynne said it didn't reflect the government's position.

"Our position remains the same — the municipality would have to ask for that action and that has not happened," she said.

"The other issue for me is that there have been many reports that have shown that costs can increase in this kind of situation where there's an arbitration award repeatedly and that's not what we'd like to see."

Progressive Conservative Leader Tim Hudak noted the bill did nothing to address wildcat strikes that have occurred at the Toronto Transit Commission - an organization he says needs a complete overhaul to improve customer service.

TORSTAR NEWS SERVICE

Bankers hike reward for armed bandits

THEFT The Canadian Bankers Association has increased to $50,000 the reward it is offering for three bandits police suspect in eight armed bank robberies.

On Feb. 1, the association, in conjunction with police, announced a $10,000 reward in response to three bank robberies.

In those cases, three bank employees needed stitches after being pistol-whipped by robbers.

"These individuals have shown they are capable of repeated violence, and it is our hope increasing the reward from $10,000 to $50,000 will lead to their arrest," William J. Crate, director of Security for Canadian Bankers Association said yesterday in a news release.

THE CANADIAN PRESS

Theatre **Canadian girls**

JOHN SWANNELL/TORSTAR NEWS SERVICE

A comedy about a bunch of British women who pose nude for a charity calendar will be mounted by Mirvish Productions next year. Mirvish revealed its full 2010/2011 subscription season yesterday, and Calendar Girls was among the titles that hadn't been previously announced. Calendar Girls is inspired by the story of Angela Baker of North Yorkshire, England, whose husband died from non-Hodgkin's lymphoma over a decade ago. Her story was made into a stage show that will make is North American premiere with a Canadian cast in Toronto in April 2011.

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News in brief

GAS LEAK Residents are now free to return to their homes after a gas leak in the Oakwood-Vaughan area yesterday prompted a neighbourhood evacuation. Police began evacuating blocks surrounding Winona Dr. and Holland Park Ave. at about 9 a.m., when a construction crew severed a gas main while digging, said Sgt. Marlin Bond.

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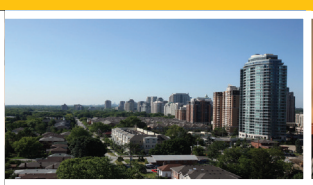

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Autopsy confirms Toronto man one of two murdered

RCMP say autopsies have determined that two men found dead in a Fort McMurray, Alta., apartment were victims of a homicide. The bodies of Idiris Abess of Fort McMurray and Saed Adad of Toronto were discovered in a downtown suite Feb 17. THE CANADIAN PRESS

Model 'lighthouses' shine

Funding program for inner-city schools making a difference

Reading, writing and arithmetic? On the rise.

Tardiness and absenteeism? On the decline.

Model Schools for Inner Cities, an award-winning unique program in the Toronto District School Board, is now in its third year and research indicates it is making a difference for kids in needy neighbourhoods.

"After three years of hard work, we're pleased to say we've managed to significantly narrow the achievement and opportunities gap between inner-city students and all students within the Toronto board," said trustee Chris Tonks, co-chair of the inner-city advisory committee, in a written release.

"We're pleased to say we've managed to significantly narrow the achievement and opportunities gap between inner-city students and all students within the Toronto board." Trustee Chris Tonks

"It's really good news — $25 million well invested to help level the playing field for inner-city children."

Details of three years of research are to be released tomorrow.

Model Schools provides seven schools with an extra $1 million each per year, which is spent on programming and resources, such as hiring community workers — and even helps fund field trips or piano lessons for children who would otherwise go without.

The model schools, considered "lighthouses" in their communities, share some of the money and resources with neighbouring schools and bring teachers together for professional development.

George Webster Elementary, near Victoria Park Avenue and Dawes Road, built a kitchen in the school, giving parents and students a chance to learn about nutrition.

The link established with the community has enabled the school, through donations, to have its first intramural hockey team.

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Executive director Elio Sergnese, left, and three clients stand outside Caritas Project, a rehabilitation centre in North York that is locked out of its offices over a dispute with the landlord.

Repaving dispute leaves rehab clinic locked out

CARITAS For almost 16 years, Caritas Project, a rehab clinic, operated without a hitch from a rented building in North York. Then in 2007, the landlord repaved the parking area.

That triggered a series of events, which culminated Friday with Caritas being locked out.

"We never asked for it (repaving)," said Elio Sergnese, Caritas' executive director. "We are a charity ... we can't afford to pay $57,922."

Caritas, a charity partially funded by the provincial ministry of health, was the tenant in a 14,000-square-foot building at Millwick Drive near Islington and Finch avenues.

The landlord, Femola Builders Ltd., repaved the parking area in 2007. In May 2009, according to Sergnese, the company presented the bill to Caritas, which saw no reason to pay for work it had not requested.

In early February, the charity was given 15 days to pay the owed amount.

On Thursday, it was given another 24 hours. On Friday, Caritas was locked out.

Femola's president, Mark Zanotte, said there's a clause in the lease that says the tenant is responsible for repairs.

"It's irrelevant whether they want repairs or not," said Zanotte. "There was damage in the parking lot and we had to make it safe."

TORSTAR NEWS SERVICE

New terminal at island airport means more business for Porter

FLIGHTS Toronto's once-sleepy island airport is going to get a lot busier.

More passengers, more flights and more destinations are planned for Porter Airlines, which unveiled the first phase of its new $50-million terminal yesterday, marking the latest step in the burgeoning company's continuing expansion.

Set to open to the public March 7, the terminal will triple Porter's capacity — which has been growing exponentially since its launch in 2006 — and pave the way for increased flights throughout the United States.

1.3M
Porter Airlines is projecting to carry more than 1.3-million passengers this year, says its president and CEO.

Calling the new terminal the "foundation" of Porter's future, president and CEO Robert Deluce said the airline is projecting to carry more than 1.3-million passengers this year, compared with 750,000 in 2009.

TORSTAR NEWS SERVICE

Toronto warns feds city won't bear burden of summit cost overruns

G20 Toronto has put the federal government on notice that it won't be left on the hook for cost overruns from the huge G20 summit that will grip the downtown core June 26-27.

Councillors noted at yesterday's council meeting Quebec City and Pittsburgh are still negotiating with senior governments for relief from millions of dollars in cost overruns from summits in those cities.

Mayor David Miller said Ottawa has verbally agreed to cover Toronto's costs for the event.

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B.C. man not criminally responsible in death of three children

A Merritt, B.C., father has been found not criminally responsible for the first-degree murders of his daughter and two sons in their home in April 2008. Forty-one-year-old Allan Schoenborn's lawyer maintained his client suffered from a mental disorder when he killed 10-year-old Kaitlynne with a cleaver and then suffocated eight-year-old Max and five-year-old Cordon. THE CANADIAN PRESS

Canada

Family seeks missing woman

A Belleville family is speaking out in the hopes someone might have information about the disappearance of a young schizophrenic woman. They say Deborah Rashotte, left, was distraught and paranoid the last time her loved ones heard from her Jan. 23. Her aunt, Lisa Patrick, says Rashotte told a friend she was going to the hospital for medication before she disappeared, leaving her wallet and cellphone behind. THE CANADIAN PRESS

COC admits Canada won't own podium

CEO says team will fall short of its goal

VANCOUVER 2010 **Games**

Canada won't own the podium at the Vancouver Games after all.

With seven days of competition remaining, the Canadian Olympic Committee raised the white flag yesterday on the host team's goal of finishing first overall in the medal count.

"We are going to be short of our goal," CEO Chris Rudge said at the team's daily news briefing.

As of earlier last night Canada had nine medals (4-4-1), tied for fifth with South Korea and Austria, and far behind the U.S. at 24. Germany was second with 21, followed by Norway with 14 and Russia with 10.

"We'd be living in a fool's paradise if we said we were going to catch the Americans and win," Rudge said. "We're not throwing in the towel. You never do that when you are in the middle of a fight, but it's difficult. They are way out ahead at this point and it would be unrealistic to state that we are going to catch them."

Chris Rudge

It was like an elephant left the room when Rudge acknowledged Canada wasn't going to finish first at these Games. That atmosphere contrasted starkly with the previous day when defensive Canadian officials maintained Canada could still finish first overall. The Canadian public invested heavily in the program. Of the $117 million invested in athletes, $66 million of it was taxpayer dollars.

The turning point was Sunday, when the potential for three medals in speedskating and men's ski cross produced a single silver.

THE CANADIAN PRESS

Quebec City **Workers call for salary hike**

YAN DOUBLET/THE CANADIAN PRESS

Some 3,000 union workers walk to the Quebec legislature yesterday in Quebec City. Workers are trying to apply pressure in ongoing contract talks with the Liberal government with a March 31 contract deadline. The workers are asking for an 11.25 per cent salary increase over three years to catch up to other public sector workers elsewhere in Canada, union representatives said.

Haiti death toll likely to double

Haiti Crisis

DISASTER The federal government has stopped running evacuation flights out of quake-stricken Haiti and will likely soon announce the Canadian death toll has more than doubled.

At least 34 Canadians are confirmed dead and another 50 are missing after the magnitude-7.0 earthquake struck Jan. 12.

Foreign Affairs Minister Lawrence Cannon said the time will soon come when officials will have to acknowledge that many of the missing are, in fact, dead.

"It's getting to a tipping point where we will have to be able to make that determination," he said, adding that won't happen until "all the recourses have run the gamut."

RCMP specialists are striving to identify bodies as more are found in the rubble, and consular officials continue to try to track down some of the missing as reports of possible sightings come in.

Lawrence Cannon

"We keep checking on the information that has been made available by members of these families to find out the last time, for example, that the individual was seen or was in touch," Cannon said.

"All such efforts are continuing. So (until) we have done the absolute maximum possible we will not change our way of going about it."

At least 4,618 people have been evacuated by Canada aboard 48 flights out of Haiti.

Canadians in Haiti are being asked to book their own commercial flights home now that the airport in Port-au-Prince has been reopened to commercial aviation, Cannon said.

THE CANADIAN PRESS

Grits blast feds on rights group boss

POLITICS The federal government is trying to restore order at a troubled rights agency by appointing a former Quebec politician and respected international activist as its new head.

The opposition isn't buying it.

Foreign Affairs Minister Lawrence Cannon has nominated Gerard Latulippe, a former Quebec Liberal who also ran for the Canadian Alliance federally in 2000, to take over at the tumultuous Rights and Democracy agency.

The nomination hit political roadblocks within hours. Cannon must consult the opposition parties on Latulippe's appointment. He said he hopes the new appointee can be in place by mid-March.

Liberal Leader Michael Ignatieff dismissed the government's move, saying it had turned the agency upside down by stacking the board with Conservative directors and now wants to compound the problem.

THE CANADIAN PRESS

News in brief

CALEDONIA Aboriginal Affairs Minister Chris Bentley isn't ruling out the handover of disputed land that's been the site of a long-running aboriginal occupation in Caledonia, Ont., to the Six Nations.

AGRICULTURE The federal government is offering financing to agriculture producers and agribusiness operators who want to use renewable energy sources in their businesses.

THE CANADIAN PRESS

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Bell service just got better

London police use less force to make arrests
Police were able to use force less of the time to make arrests in London, Ont., last year. There was a 30 per cent reduction in officer's use of force in 2009 compared to 2008, including a dramatic drop in the use of Tasers. THE CANADIAN PRESS

Approvals should spur job growth

Feds finalize stimulus allotment

The federal government says it has finished deciding who gets what under key parts of its massive stimulus program in a tidal wave of approvals that should propel a spring job surge.

Officials at Infrastructure Canada say more than 6,000 stimulus projects have been approved in their department in the past year, and $9.4 billion has been committed to stimulus spending by their department alone. That jumps to $27 billion including funding from other levels of government.

The rush of approvals means there will likely be a huge crush of work kicking into high gear this spring and summer.

"I think 2010 will be a record year for public infrastructure," said Infrastructure Minister John Baird, pointing specifically to public transit, roads, bridges and water treatment.

"I think 2010 will be a record year for public infrastructure."
Infrastructure Minister John Baird

But whether or not contractors can effectively handle the flood of work remains a question.

Liberal critic Gerard Kennedy argued that Baird needlessly politicized the handing out of infrastructure money to such an extent that it slowed the flow of stimulus. Now, municipalities are left scrambling to spend it all at once, before the flow of federal cash comes to a halt a year from now. THE CANADIAN PRESS

Ottawa **Minister hosts economic discussions**

PAWEL DWULIT/THE ASSOCIATED PRESS

Labour Minister Lisa Raitt looks at Thomas Lukaszuk, Alberta's minster of employment and immigration, during a press conference in Ottawa yesterday. Federal, provincial and territorial labour ministers met to discuss Canada's economic situation, the evolution of the modern workplace, and steps to support Canadian businesses and workers. Raitt hosted the annual meeting and chaired the roundtable discussions.

News in brief

SENTENCED The former financial director of the Newfoundland and Labrador legislature was sentenced yesterday to two years in jail for his role in the province's spending scandal. Bill Murray pleaded guilty in January to fraud and three counts of taking bribes in exchange for his influence from 1998 to 2006.

RCMP Liberal members of a disbanded Senate committee have released a position paper titled Toward a Red Serge Revival, recommending sweeping changes to the embattled RCMP. THE CANADIAN PRESS

N.L. premier defends U.S. heart surgery

WILLIAMS An unapologetic Danny Williams says he was aware his trip to the United States for heart surgery earlier this month would spark outcry, but he concluded his personal health trumped any public fallout over the decision.

In an interview with The Canadian Press, Williams said he went to Miami to have a "minimally invasive" surgery for an ailment first detected nearly a year ago, based on the advice of his doctors.

"This was my heart, my choice and my health," Williams said late yesterday from his condominium in Sarasota, Fla.

"I did not sign away my right to get the best possible health care for myself when I entered politics."

The 60-year-old Williams said doctors told him that one of his heart valves wasn't closing properly, creating a leakage.

"I would've been criticized if I had stayed in Canada and had been perceived as jumping a line or a wait list," Williams added. THE CANADIAN PRESS

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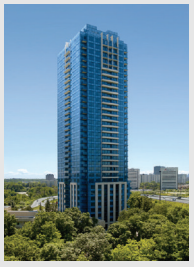
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Cheney hospitalized with chest pains
An aide to Dick Cheney says the former U.S. vice-president is in hospital after experiencing chest pains. He said 69-year-old Cheney was resting comfortably and his doctors were evaluating the situation. Cheney has a history of heart problems and uses a pacemaker. THE ASSOCIATED PRESS

World

Merkel's party rocked by scandal

German Chancellor Angela Merkel's conservative party is facing allegations that lobbyists were offered the chance to buy face time with a key state governor. Hendrik Wuest, the Christian Democratic Union's party manager in North-Rhine Westfalia, announced his resignation yesterday, taking responsibility for the scandal. THE ASSOCIATED PRESS

News in brief

HAITI Homeless victims of Haiti's earthquake said yesterday that police are halting deliveries of food and water to try to force them to leave their camp on the grounds of the prime minister's office. Police have padlocked gates to the camp where about 2,500 homeless people live under bed sheets propped on sticks on the sloping hill leading to the office. Stinking garbage with swarms of flies is piling up and portable latrines are filled, camp residents complained.

DRUGS Germany's oldest drug dealer is to go on trial today in the city of Wuppertal. The 85-year-old grandmother from the western city of Solingen has admitted to trafficking heroin in 2008, which she had purchased in the Netherlands, before passing on the drug route to her grandson in 2009. If convicted, she faces five to 15 years in prison.

METRO NEWS SERVICES

Mistaken NATO Afghan air strike kills civilians

NATO jets mistakenly killed at least 21 people in central Afghanistan, officials said yesterday, the deadliest attack on civilians in six months. The strike prompted a sharp rebuke from the Afghan government as it struggles to win public backing for a major military offensive against the Taliban in the south.

Also yesterday, a suicide bomber detonated explosives at a community meeting in eastern Afghanistan, killing 15 civilians — including a prominent tribal leader widely criticized for failing to prevent Osama bin Laden's escape at Tora Bora after the Sept. 11, 2001, attacks.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the southern town of Marjah. The mission is to rout the Taliban, set up a local government and rush in aid to win public support.

The alliance said its planes fired on what was thought to be a group of insurgents in Uruzgan province on their way to attack NATO and Afghan forces. Interior Ministry spokesman Zemeri Bashary said the air strike hit three minibuses, which were travelling on a major road.

Although the air strike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Taliban and winning the confidence of the Afghan people — one of the main objectives of the southern operation.

Afghan President Hamid Karzai has repeatedly called on NATO to do more to protect civilians during stepped-up military operations, and the Afghan cabinet strongly condemned the air strike.

THE ASSOCIATED PRESS

m.metronews.ca
SCANLIFE
Nicolas Sarkozy urges Mideast peace talks, warning of potential "catastrophe" in the region. Scan this code for the story.

Israel **Funeral for politician**

ARIEL SCHALIT/THE ASSOCIATED PRESS

Orthodox Jewish men carry the body of rabbi Menachem Porush yesterday at his funeral in Jerusalem. Porush, an esteemed rabbi and longtime leader of one of the most influential ultra-Orthodox factions in parliament, died of an apparent heart attack at the age of 93.

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Trial begins for 23 suspects in deadly Beijing fire

Twenty-three people go on trial this week for their alleged involvement in a deadly fire triggered by an illegal fireworks display that gutted a hotel at the new headquarters of China's main television network in Beijing last year. THE ASSOCIATED PRESS

New U.S. health plan

Obama introduces $1-trillion proposal

U.S. President Barack Obama made a last-ditch effort yesterday to save his signature issue — an overhaul of the U.S. health-care system — putting forward a nearly $1-trillion, 10-year compromise plan.

Obama, who deferred to Congress on the specifics for more than a year, has finally put forward a detailed plan of his own. Posted yesterday on the White House website, the plan would provide coverage to more than 31 million uninsured Americans, without adding to the federal deficit.

The president's plan includes a provision to allow the government to deny or roll back egregious increases that infuriate consumers, an idea bound to resonate with Americans fed up with insurance companies. It also puts Republican legislators who oppose the new plan at risk of appearing to favour big business over the constituents who will be voting in November's congressional elections.

Obama's plan

- Will provide more than 31 million people with coverage.
- Federal subsidies would help people pay premiums.
- Regulator would create a competitive marketplace for small businesses and people buying their own coverage.

It would require most Americans to carry health insurance coverage, with federal subsidies to help many afford the premiums. Insurance companies would be barred from denying coverage to people with medical problems.

In the plan, regulators would create a competitive marketplace for small businesses and people buying their own coverage.

Estimated to cost about $1 trillion over 10 years, the plan would be paid for by a mix of tax increases, new fees on health-care industries and cost-cutting in an existing government health-care program for the elderly.

THE ASSOCIATED PRESS

Indonesia **Saving tigers**

IRWIN FEDRIANSYAH/THE ASSOCIATED PRESS

Tigers taken from a private home sit in a cage yesterday at the Animal Rescue Center in Bogor, Indonesia. Conservationists recently slammed a government plan allowing Indonesians to keep endangered Sumatran tigers as pets if they pay a $100,000 deposit and build a large enclosure.

CIA planes landed in Poland: Data

FLIGHTS Two human rights groups said yesterday the government had provided official records for the first time confirming the landing in Poland of planes associated with the CIA's secret detainee program

The data supports findings from a 2007 report by the Council of Europe on rendition flights, the Open Society Justice Initiative and the Helsinki Foundation for Human Rights said.The groups said flight logs provided by the Polish Air Navigation Services Agency under a Freedom of Information Act request revealed details about at least six landings in 2003 of a Gulfstream and a Boeing jet linked to the CIA at the former military airport of Szczytno-Szymany in northern Poland.

A 2005 Human Rights Watch report claimed the U.S. spy agency transported suspected terrorists captured in Afghanistan to Poland, where they were held in secret prisons. Poland has denied the claims. THE ASSOCIATED PRESS

News in brief

VIENNA A bus slammed into two trucks on an Austrian highway, killing six people and injuring 37 others, authorities said yesterday. The accident occurred around midnight Sunday near the township of Heiligenkreuz. Police official Willy Konrath said 20 people were badly hurt, while 17 suffered minor injuries. An investigation is underway to identify the dead and determine what caused the collision. Austrian media reported the bus was en route to Germany from Kosovo. Kosovo Prime Minister Hashim Thaci sent his condolences to the families of the victims.

THE ASSOCIATED PRESS

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Holiday Inn Puerto Vallarta + taxes & fees $272
Departs Mar 29/vat/5g.

Mayan Riviera 7 Nights 4-Star $647
Ocean Maya + taxes & fees $272
Departs Apr 5/nol/5g.

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Comment

PM can't compare to bully Brown

NationalReport
Lawrence Martin

metronews.ca/nationalreport

British Prime Minister Gordon Brown treated staff so harshly, it is revealed, that some of them contacted the National Bullying Helpline for assistance in dealing with him.

The revelation follows publication of a book revealing all sorts of tantrums by the prime minister — grabbing staffers by the lapels, pulling them out of chairs, punching walls. And we all thought Brown was a staid economist, duller than dishwater.

Now that the news is out, Brown's spinners, while denying some of the allegations, are trying to work the story in their favour. These outbursts show a tough-minded leader at work, his PR men say, so dedicated to solving the nation's problems that he is sometimes overcome by emotion.

The tactic — the humanizing of a robotic leader — might even work. Or the British might buy the take of opposition Conservatives — this shows Brown is an unstable bully unfit for high office.

The revelations from across the pond will likely be greeted with some relief in the office of Stephen Harper, a prime minister painted as somewhat of a bully himself. It's always comforting to have the focus moved to others, to have your own alleged faults be seen as commonplace.

Interviews with many who have worked in the Harper PMO reveal that he can be cold and severe and occasionally blow a gasket. But if the stories about Brown are true, it should be said that our prime minister isn't even in the same league. No staffers running to bully hotlines here.

Nor have we seen our PM get so irate that, à la Jean Chrétien in 1996, he grabs a protester by the throat and hurls him to the ground. Nor does he appear to have the short fuse of a Brian Mulroney, who would go into frequent rages, or John Diefenbaker, who was a towering inferno of megalomania.

The issue with Harper is not whether he bullies staff. It's whether he bullies the system. It's whether his smearing of opponents, his inclination toward censorship and secrecy, his overcentralizing of powers have downgraded democracy to an unprecedented degree.

The latest allegation suggests that his operatives have violated access to information regulations by delaying or blocking the release of potentially embarrassing government documents. Before this, we saw stories of how his political team crushed a democratic challenge to the nomination of incumbent MP Rob Anders in Calgary. Before this, literally dozens of other such examples.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Treat others as you would like to be treated

ModernLife
Georgie Binks

metronews.ca/modernlife

Remember when working out relationship woes involved visiting a therapist, who taught you stuff like, "I hear you saying this," or "When you shout at me it makes me feel sad."

So why is it when most of us show up at the returns counter or put a phone to our ears, with a customer care rep on the other end and a kid's cellphone bill in our hands, we revert to our first therapy visit — but with more extreme anger management issues.

It's not like we haven't been set up. Who came up with the idea that local or weekday calls should cost more than long distance? Who invented a voice recognition system that can't recognize my voice?

All of this nonsense created by the sadistic technology warlords has produced a new underclass of abused people — customer care reps. One recently confided to me.

"I don't care if this call is being taped. When people yell at me, I go home and bawl my eyes out. I don't set policy but I can help people with their problems. However, if they're rude out of the gate, I'm not going to."

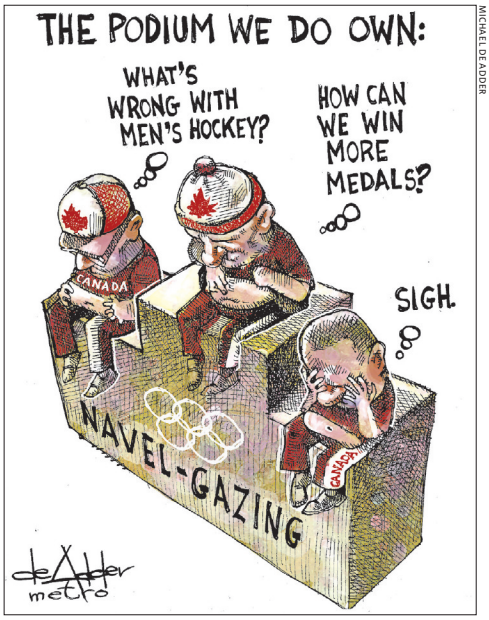
Recently, I returned a defective camera battery. Initially, the young female clerk told me, "Sorry, it's after 30 days …"

Instead of yelling, I sighed about my daughter's disappointment in not being able to photograph a girls' weekend. Suddenly, I was her mom. Sooner than you can say, "Can I have the keys to the car" she waived that 30-day policy.

Weeks later I had a similar encounter. Set to do battle with a major department store over a faulty clothes dryer, I was thrown off balance by a pleasant sounding clerk in Belleville. Immediately I imagined her to be named Verna, whose husband had left her so she was stuck in this job. Instead of yelling, I beseeched her, "Just listen to my story." Soon, she was imagining me as her next door neighbour, whose husband had also left her and my bank account was $200 richer.

Which brings me to my conclusion — treat people like humans and they'll do the same back. And if I forget, I'll remember these words, "When you charge me 35 cents a minute for a local call, it makes me feel sad …"

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com



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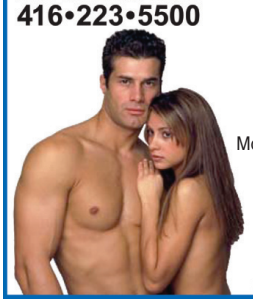
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Bank chief executive turns down bonus

Lloyds Banking Group said yesterday that chief executive Eric Daniels has turned down his £2.3 million ($3.6 million US) bonus for 2009, becoming the fourth top U.K. banking executive to refuse his bonus. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Toyota launches Canada-wide campaign

Toyota Canada acknowledged yesterday that it is "unusual" by industry standards to recall as many vehicles as it has, but officials hope to put a positive spin on the automaker's woes through a countrywide media blitz.

Beginning in Mississauga, Toyota Canada representatives will tour the country's major cities this week to demonstrate exactly what went wrong and what they've done to fix it.

In the process, they hope to convince consumers that much of the negative publicity that has tarnished the company's reputation stems from events in the U.S. and shouldn't concern Canadian consumers.

Toyota Canada recently recalled 3,300 Prius hybrids over inconsistent brake feel that stemmed from the unusual braking system found in hybrid vehicles. Some customers — including just three in Canada, according to Toyota Canada managing director Stephen Beatty — complained it felt like the vehicle was accelerating when they hit the brakes on icy or potholed roads.

This was an illusion created by the switch between braking systems and wasn't dangerous, Beatty said. However, Toyota Canada issued the recall so it could implement a software fix and show customers that it was "exceptionally sensitive" to their concerns.

"Unfortunately, we live in a global media environment today, and we're struggling in part with the fact that there were other issues related to floor mats in the U.S. that have influenced the coverage of the Canadian situation."

Toyota Canada says its main difficulty has been separating its parent company's problems in the U.S. market from what it describes as lesser problems north of the border.

The floor mat issue, which has allegedly contributed to 34 U.S. fatalities since 2000, was not a problem in Canada because vehicles sold here use different floor mats, according to Toyota Canada spokeswoman Sandy DiFelice.

Toyota Canada was also involved in a recall of 270,000 vehicles due to a sticky accelerator pedal. Toyota has rolled out a fix to that problem and to date about 30 per cent of the affected vehicles have been repaired, Beatty said.

Toyota Canada said it has only received five customer complaints related to the sticky pedal problem and three related to the Prius braking issue.

Transport Canada says it has received 25 complaints relating to the Prius and 33 relating to the pedal recall since 2005.

THE CANADIAN PRESS

Subpoena

- Toyota says it received a subpoena from a U.S. federal grand jury requesting documents related to unintended acceleration of its vehicles and the braking system of its Prius hybrid.

Nova Scotia, Watts sign energy deal

AGREEMENT A 20-year power purchase agreement has been signed between Nova Scotia Power and Watts Wind Energy Inc.

Under the deal, a 1.5-megawatt wind turbine will be installed at Watt Section, about 120 kilometres east of Halifax.

Watts says it's been measuring wind data at the site since October 2008 and plans to implement the project this year.

The company says it intends to own the entire project, but isn't ruling out selling it or partnering with another company, among other options.

The project will be partially financed with a mix of secured debt and equity capital.

Watts is a joint venture between Halifax-based Seaforth Engineering and Eon WindElectric, a Canadian wind farm installation and servicing firm with offices in Nova Scotia and Newfoundland and Labrador.

Nova Scotia Power is a wholly owned subsidiary of Emera Inc.

THE CANADIAN PRESS

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Yellow Pages buys online properties

PURCHASE Directory publisher Yellow Pages Group has purchased two online properties in separate deals.

The Montreal-based company has acquired Clear Sky Media Inc., owner of RedFlagDeals.com, PriceCanada.com and Scarlett Lounge. RedFlagDeals.com is a leading provider of online promotions and shopping tools for Canadians, with an estimated 2.2 million unique visitors per month. Yellow Pages Group will also buy the 411.ca brand and acquire an ownership interest in 411 Local Search Corp.

The directory company, which is the main operating business of Yellow Pages Income Fund, already owns Canada411.ca and YellowPages.ca — which are online versions of the company's directories.

THE CANADIAN PRESS

Mum on deal

- Yellow Pages didn't disclose the terms of either transaction.

Experts expect gas price rise

ENERGY PRICES History says gasoline prices will rise in the coming months. But fundamental market forces say they shouldn't, according to energy experts.

Energy adviser Roger McKnight of Oshawa-based En-Pro International Inc. says he expects gasoline prices to peak near $1.08 to $1.12 a litre before the May 24 weekend.

Prices are currently just below $1 a litre at many gas stations in Greater Toronto.

But McKnight's not entirely happy with his own prediction: "There's no logic to it," he admits.

Fred Rozell, retail pricing director of Oil Price Information Service, agreed that traditional market forces don't point to a price increase.

"If you look at demand, it's just abysmal," he told Associated Press in New York. Yet he, too, predicts prices are heading higher.

Rozell said that rising demand for oil in China is pushing up the price of crude oil, the raw material for gasoline.

McKnight said that gasoline prices have risen from February through April for 24 of the last 26 years, but this year ought to be an exception.

Supply in North America is ample, with inventories above the five-year average, he said.

Refineries are running below 80 per cent capacity, so they could produce more if demand rises. But that's not happening, either.

TORSTAR NEWS SERVICE

Supply and demand

- Usually, European refiners export gasoline to the U.S. northeast during the winter. But a strike at six of Total SA's French refineries and at six of its 31 fuel depots has restricted the flow, leading to some nervousness, and resulting in higher prices on futures markets. That impacts Canadian prices.
- The U.S. dollar is also strong, and since oil is priced in U.S. dollars, that firms up the price for Canadians paying with Canadian dollars.

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Learn how to scan the barcode with the instructions at the top of pg 3

Singapore **On tour**

WONG MAYE-E/THE ASSOCIATED PRESS

Tourists take photos of the financial district in Singapore yesterday. Singapore's 2010 budget will boost funding for job training and raise company fees on foreign workers in a bid to increase productivity and fuel growth by as much as 6.5 per cent this year.

Irish government takes stake in Bank of Ireland
The Irish government received a 15.7 per cent stake in Bank of Ireland PLC yesterday. THE ASSOCIATED PRESS

China recovering

Foreign investment rose 7.8% from year earlier

China's foreign investment rose for a sixth straight month in January, a new sign that recovery in the world's third largest economy is on track, government figures showed yesterday.

Foreign direct investment rose 7.8 per cent in January from a year earlier to $8.1 billion, the Commerce Ministry said. That was below December's growth rate, but China's economic data in the first two months of the year are distorted by the Lunar New Year holiday, which results in fewer working days.

"While the monthly data is quite volatile, investment has been on a moderately improving track for most of 2009, and this should continue into the early months of 2010," said Alaistair Chan, an associate economist of Moody's Economy.com.

China's foreign direct investment plunged in 2008 as companies cut back spending amid the global economic crisis, but began to rise again in August. FDI includes spending on factories, real estate and other assets, but excludes investment in stocks and other financial instruments.

China's economic growth accelerated to 10.7 per cent in the final quarter of 2009, up from a low of 6.1 per cent in the first quarter, driven by a $586-billion stimulus package. Consumer spending also is rising.

In December, FDI more than doubled from a year earlier, to $12.1 billion.

China's total foreign direct investment in 2009 fell 2.3 per cent to $90 billion, still high against the backdrop of the global crisis. THE ASSOCIATED PRESS

Greek airlines partner up

ATHENS Greece's two major airlines, Olympic Air and Aegean Airlines SA, are merging to create a "national airline champion," the companies said in a statement yesterday.

Together, the two airlines have 97 per cent of the Greek domestic air travel market, and will use the name Olympic Air after a transition period in which the Aegean name will be used in parallel.

They are combining to better compete within the European Union and preserve jobs.

Olympic Air is not expected to operate before October 2010 at the earliest. THE ASSOCIATED PRESS

Lufthansa forced to cancel flights

BERLIN German airline Lufthansa cancelled about 800 flights yesterday, affecting some 10,000 passengers worldwide, after more than 4,000 pilots began a four-day walkout over job security, organized by the Cockpit pilots' union. THE ASSOCIATED PRESS

www.wlu.ca/mba

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Protect yourself from rising rates

Interest biggest threat to homeowners, buyers

AlisonOnMoney

Run, run for your life! Straight to the bank. Quick, get that mortgage pre-approval. Dash to the nearest real estate office. Buy. Buy. Buy. Get into the housing market while the getting is good — and possible.

Whoa! Wait just one minute.

Last week, federal Finance Minister Jim Flaherty put the squeeze on prospective homebuyers with new rules designed to let some air out of the real estate market. Of course, making it more difficult to qualify for a mortgage could cause a mini-stampede between now and April 19 when the rules come into effect.

After that date mortgage applicants have to meet the standards of a five-year fixed rate mortgage, even if they are applying for a lower variable rate. That means, on a $250,000 mortgage, you must qualify for roughly $250 more in monthly payments.

"Last week, federal Finance Minister Jim Flaherty put the squeeze on prospective homebuyers with new rules designed to let some air out of the real estate market."

Nonetheless, don't rush off in a panic to buy before April 19. Instead armour yourself against the biggest threat to homeowners and buyers — rising interest rates.

Here's how to do it:

1 Aim for a down payment of 20 per cent or more. You won't have to pay for mortgage insurance, saving at least $5,000 on a $250,000 mortgage. You'll also have a smaller balance exposed to future higher rates.

2 Go for as short an amortization as possible. Twenty-five years was the standard until 2006. Now 35 years is commonplace. The additional 10 years decreases your monthly payments by $200 on a $250,000 mortgage. But it increases your total interest payments by a whopping $91,000 over the life of the mortgage. The longer amortization period also makes you more vulnerable to interest rate increases.

3 Plan to make lump sum payments or select a biweekly schedule and reach the mortgage-free day much sooner.

4 Get rid of non-essential credit such as retail credit cards you may have applied for in order to get a price reduction or make a buy-now-pay-later purchase. And reduce or eliminate line of credit limits. This will improve your credit score making it easier to qualify under the new rules.

Alison's Money Rule:

- Homeowners and buyers shouldn't worry about new rules making mortgages harder to get. Job one is protecting yourself against rising interest rates.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Should I stay the course with my RSP?

Find out what kind of investor you should be.

Now more than ever, understanding who you should be as an investor is a critical first step in making the right RSP choices. Talk to a BMO® investment professional or visit us online to build your profile. If staying the course makes sense for you, we'll map out the investment options that will help keep you on track.

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Interest on loans for RRSPs not deductible

MoneyMatters

Q Last year, my wife and I were unable to contribute to our Registered Retirement Savings Plan (RRSP) because we moved into our first home. There were some unexpected closing costs and home repairs. If I borrow from our line of credit, can we deduct the interest if invested into RRSPs? What if I sold off or transferred non-registered stocks for RRSP stocks? I would have a loss on the shares.

— Ron and Aileen

A We can always count on banks and financial institutions to remind us that March 1 is the RRSP contribution deadline for a 2009 tax deduction.

Many first-time homebuyers are generally recovering the first year of moving into their home because of unanticipated closing costs. The federal government recently invoked changes to home qualification with the intent of reducing default by some homeowners.

Many taxpayers are unaware of the new homebuyers tax credit — a federal tax credit to help ease the burden of housing closing costs for first-time buyers. Overshadowed by the home renovation tax credit in the last budget, very few taxpayers are aware of its existence. You are a first-time homebuyer. Don't forget to make your claim.

Interest is not deductible for funds borrowed to purchase RRSPs. Losses on the sale of shares would generally allow a taxpayer to claim a capital loss. However, the sale of shares (or transfer) and subsequent re-purchase of the same shares within a 30-day time frame that result in a loss could be denied by Canada Revenue Agency. Commissions aside, if you sold the non-registered shares and used the money to buy shares within your RRSP, then used the line of credit to buy non-registered shares, the interest may be deductible and capital loss can be claimed.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Canadian non-profits get a spot on YouTube

YouTube has launched its YouTube Nonprofit Program in Canada that provides non-profit organizations a platform to promote their cause to the world's largest video community. Eligible Canadian organizations can apply at www.youtube.com/nonprofits. METRO NEWS SERVICES

Your Money

Stock markets still have room to grow

The recent eight per cent pullback in the North American stock markets provided another great entry point for investors.

Since the market reached a bottom in March 2009, there have been a few instances where the market had dipped, only to be followed by better days shortly thereafter. I have said many times that we need to take advantage of these dips and use them as entry points for investment. I feel we still have a lot more growth coming.

"Do investors want to own a GIC at 1.25 per cent for a year or money market funds and high-interest savings accounts paying less than 1.5 per cent?"

One of the reasons why I feel the North American stock markets will move higher from this point is that we still have very few other options for our money. Do investors want to own a GIC at 1.25 per cent for a year or money market funds and high-interest savings accounts paying less than 1.5 per cent? At these low rates, the only place to have your money grow is equities (if you can handle the volatility).

You may find some longer term or higher risk corporate bonds that are paying rates more than five per cent. However, if you are an investor who does not like these higher risk corporate bonds or does not want to tie their money up for a long period of time, the equity market is your option in my opinion.

There are some really good dividend paying stocks and preferred shares that are paying three times more than what one-year GICs are paying at this time.

In Canada, we have some banks and insurance companies that are worth looking at for both growth and income if you can handle their risk level. There are some exceptional opportunities south of the border as well, whereby not only can you make money by earning a dividend and receive growth but through currency conversion as well. Sectors of the market like utilities and some industrials can also provide investors with the growth and income they require.

So why settle on short-term GICs, government bonds or high-interest savings accounts for your hard-earned money? They just don't pay enough.

For investors to make a profit and grow their wealth, they need to make more than 2.5 per cent to three per cent after inflation and taxes are subtracted from their returns. With interest rates as low as they are today, there aren't many options.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Strategies to make sense of RRSPs in uncertain times

Tina Di Vito, director retirement strategies at BMO Financial Group, provides three steps to guide Canadians as they make their RRSP investing decisions:

1. There are three types of investors. Understand which one you are:

• A wealth accumulator — someone who is many years from retirement and can afford to take risks.

• A wealth preserver — someone closer to retirement who still has time to put more money aside, but wants to minimize risk.

• An income generator — someone who is retired, drawing income, and needs to make the most of what they have.

2. Ask for help. Your investments should be based on what type of investor you are, and experts are available to help you. There are steps to take to reach your goals, and the right guidance and advice can go a long way.

3. Make a contribution. Money may be tight, but it is important to make a contribution — remember that even a small amount can make a big difference over the long term.

NEWS CANADA

6 key benefits of HST

Certified General Accountants of Ontario defines key benefits of HST for Ontario businesses:

1 Harmonizing PST with GST will reduce the cost of goods that Ontario exports, creating a more competitive market for Ontario. As businesses recover from the challenges of the past few years, they will be looking for optimal places to do business.

2 There's a projected savings of $5 billion in embedded provincial sales tax and $500 million in administration costs. (Centre for Spatial Economics)

3 It is anticipated that 80 per cent of business savings will flow through to consumers in one year, and 95 per cent within three years.

4 A value-added tax system, such as HST or QST, is a model that has been implemented by many countries and several Canadian provinces. The three Atlantic provinces that harmonized sales tax in 1997 saw an increase in business investments and price reductions within one year. (2007 C.D. Howe Institute)

5 The anticipated $47-billion increase in capital investment, stemming from the government's total tax reform plan, will trigger many of the expected 591,000 new jobs in designing and building the capital property that business will purchase to expand and innovate operations.

6 There will be $1.1 billion in personal income tax cuts by:

• Reducing the first tax rate to 5.05 per cent from 6.05 per cent in 2010.

• Reducing tax rates for small businesses to 4.5 per cent from 5.5 per cent.

• Eliminating the small business corporate income surtax.

Look for the HST booklet online at: www.cga-ontario.org/Publications/Information_Booklets.aspx.

Harmonizing the provincial and federal sales tax is expected to reduce the cost of goods that Ontario produces.

NEWS CANADA

Should I chart a new course with my RSP?

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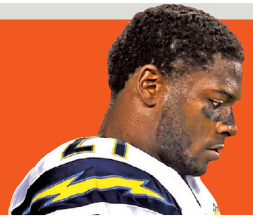
Iverson leaves team to be with ill daughter

Philadelphia 76ers guard Allen Iverson has left the team and is out indefinitely to spend time with his ill daughter. Iverson will miss at least the remaining three games of Philadelphia's road trip. THE ASSOCIATED PRESS

Sports



Tomlinson cut by Chargers

LaDainian Tomlinson, left, was released yesterday by the San Diego Chargers, ending a brilliant nine-year run in which he became one of the NFL's greatest running backs. The move had been expected for some time. Tomlinson, who turned 30 last summer, was injured early in the 2009 season and finished with 730 yards on 223 carries for an average of 3.3 yards per carry, all career lows. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Burke downplays incident involving Leafs' Grabovski

NHL Toronto Maple Leafs general manager Brian Burke says an alleged altercation involving injured forward Mikhail Grabovski appears to be minor.

The TSN network reported that Grabovski was taken into custody Friday night following an altercation in a Vancouver bar.

Mikhail Grabovski

Grabovski, sidelined since January by a broken wrist, was in the city attending the Olympics as part of the Belarus hockey team.

Burke, who is also the general manager of the U.S. hockey team, said yesterday the incident is still under investigation, "but our preliminary reports are it seems like a minor incident."

THE CANADIAN PRESS

Hill, Lind to bat 2-3: Gaston

The first day of Cito Gaston's last spring training produced some early news.

Reversing a thought from earlier in the winter regarding his batting order, Gaston has decided not to move his two best hitters, Aaron Hill and Adam Lind, from the two-three holes where they each produced career years in 2009. He had planned to bat Hill third and Lind fourth.

"Even though I said I would try it in spring training, then I'm messing with their minds," Gaston said. "I think Hill would do it in a second, but he's just going to put more pressure on himself. I want him to be himself. When Lind gets here I'll make sure I talk to him."

Lind had declared himself uncomfortable batting fourth. That was the main element in the manager's decision to leave it well enough alone. Lind was named the DH of the year batting third, while Hill won a Silver Slugger for his work at second base, batting in the two-hole.

"I've preached it a lot and I've lived by it, too," Gaston said. "I like to keep people comfortable. I played this game and if you're not comfortable where you are, sometimes you just don't perform."

Bookending his two hitting stars, Gaston's preliminary batting order would see right fielder Jose Bautista as the leadoff man and veteran Vernon Wells returning to the cleanup spot.

Even though Bautista is not the traditional leadoff hitter, Gaston remembers having success with another non-traditional hitter at the top of the order.

"Devon White didn't want to be a leadoff hitter. I said, 'Devon, it's just one time.' After that it was alright. I never asked him to act like a leadoff hitter, to go up there and walk. Go up there and be aggressive and he did that and he was great."

TORSTAR NEWS SERVICE

DARREN CALABRESE/THE CANADIAN PRESS

Blue Jay Aaron Hill, left, watches catching hopefuls with catching coach Sal Butera yesterday as pitchers and catchers work out at the Jays' spring training facility in Dunedin, Fla.

m.metronews.ca

"It's nice to have him back," Hank Aaron says of Mark McGwire after the slugger's admission to steroid use. Scan this code for the story.

Sports in brief

DELGADO Free-agent slugger Carlos Delgado says his latest hip surgery went well and he is looking forward to getting back onto the field. Delgado is quoted as saying in yesterday's edition of El Nuevo Dia newspaper that he wants to be "completely sure" that he's healthy and able to continue his comeback.

CFL The Hamilton Tiger-Cats have filled their vacant kicker's position. The CFL club dipped into the free-agent ranks yesterday to sign veteran Sandro DeAngelis, who spent last season with the Calgary Stampeders.

BASEBALL To Johnny Damon, the Detroit Tigers were the right team. "This is where I wanted to be," he said yesterday after completing his $8-million US, one-year contract. "I love it here and think I am a good fit."

SOCCER Ronaldo says he will retire after the 2011 season. The 33-year-old Brazilian striker extended his contract with Corinthians yesterday, and plans to play two more seasons before putting an end to a career of more than 17 years. METRO NEWS SERVICES

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FIFA should add more officials: Pele

Pele says FIFA should field a match official behind each goal to assist the referee at the World Cup and avoid scandals. THE ASSOCIATED PRESS

Dramatic moves leave Argos without a QB

They have a new owner, a new coach and a handful of new players, but there is something the Toronto Argonauts are missing two weeks into their robust rebuilding spree: A quarterback.

The CFL team announced yesterday it has released little-used reserve Stephen Reaves, completing a trifecta of cuts that has left Toronto without a single quarterback on its roster. The Argos released starter Kerry Joseph and backup Cody Pickett in a separate move Sunday.

It is the latest in a string of dramatic moves aimed at reshaping a team that finished with a league-worst 3-15 record last season. The Argos missed the playoffs for the second straight year, and struggled to find any measure of consistency from the quarterback position.

Toronto acquired Joseph in a trade with Saskatchewan two years ago, after watching him lead the Roughriders to a Grey Cup win at Rogers Centre. He was quickly ensnared in a divisive duel with incumbent Michael Bishop in his first season with the Argos, and floundered under the inexperience of rookie coach Bart Andrus last year.

DAVID COOPER/TORSTAR NEWS SERVICE FILE PHOTO

Toronto announced the release of reserve quarterback Stephen Reaves, above, yesterday. He was the last quarterback on the roster after Kerry Joseph and Cody Pickett were let go Sunday.

Andrus, billed as an offensive innovator when he was hired over the winter, was overwhelmed. The Argos finished at or near the bottom of the league in every meaningful offensive category, including points (18.2 per game) and average offence (282.6 yards per game).

The coach was fired in December.

"Kerry and Cody have contributed a lot to this team and we thank them for their past efforts," Argos coach Jim Barker said in a release distributed over the weekend. "We understand that it seems bold to release these quarterbacks before announcing the additions of new quarterbacks to the roster but we wanted to make this move immediately so these players could try to catch on with other teams." THE CANADIAN PRESS

English golfers prominent in rankings

GOLF Ten years ago this week, England had only two golfers among the top 100 in the world.

It doesn't take long to find them now.

Lee Westwood, who won the European Tour money title a year ago, remained at No. 4 in the world. Ian Poulter moved up to No. 5 in the ranking published yesterday because of his Match Play Championship victory over Paul Casey, who is No. 6.

And they have plenty of company right behind them.

"I just think that there's been a lot of great talent in England for such a long time," Poulter said. "And it's so nice to see guys actually deliver on the golf course. We've been waiting for a long time."

Consider the inaugural Match Play Championship at La Costa Resort a dozen years ago. The only Englishmen in the 64-man field were Westwood and Nick Faldo, and neither lasted more than a day — Westwood because he never gets beyond the second round, Faldo because he was the No. 64 seed and played Tiger Woods.

England started with nine players at Dove Mountain and kept the flag flying all week.

The next step is to win a major, which no Englishman has done since Nick Faldo beat Greg Norman in the 1996 Masters.

"It's about time the guys that have put themselves in position — 4, 5 and 6 in the world, I guess — should step up to the plate and hopefully deliver on that," Poulter said.

Westwood has come close each of the last two years, missing putts on the 72nd hole in the U.S. Open at Torrey Pines and the British Open at Turnberry that would have put him in a playoff. Casey started the final round of the 2004 Masters only two shots behind, but couldn't keep pace with Phil Mickelson or Ernie Els on the last day. THE ASSOCIATED PRESS

One more to catch

- England is not the new world power. That distinction still belongs to the United States, which offers 1-2-3 in Tiger Woods, Steve Stricker and Phil Mickelson, and which still has 12 players among the top 30. England is next with five.

SCOREBOARD

NBA

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Milwaukee at New York
Indiana at Dallas
Atlanta at Utah
Charlotte at L.A. Clippers

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Ski jump gold for Austria

Austria won the gold medal in the Olympic team ski jump yesterday. Led by 20-year-old Gregor Schlierenzauer's 146.5-meter jump, Austria defended its title from the 2006 Turin Games with 1,107.9 points. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

'Sloppy' Martin beats U.S. to keep record perfect

CURLING Kevin Martin didn't bring his A or even his B game to the Olympics yesterday, but his Canadian rink was still good enough to easily defeat the United States to run its record to 8-0.

Canada gave up a rare steal in the first end and finally took control in the fourth end, but at one point Martin was curling a paltry 38 per cent efficiency while third John Morris was even worse off at 13 per cent.

"Ooh, lucky number 13," chuckled Morris after Canada rebounded to beat John Shuster's team 7-2.

"Yeah, a little sloppy. I don't think it was our best first five ends, but when you have round-robin first place wrapped up at this stage, I think that's sometimes expected."

Martin has no idea who he will play in the semifinal but one thing is clear — the teams below him, including Norway's Thomas Ulsrud, are scrambling to avoid him.

Ulsrud, who is 6-2 after pounding France 9-2, is in the playoffs, but doesn't yet know his final position.

"I'm going to be honest with you," said Ulsrud. "I would rather not play Kevin in the semis."

THE CANADIAN PRESS

Kevin Martin

Rout puts Bernard in playoffs

CURLING It was billed as an Olympic curling gold medal preview — it turned into a rout.

Canada's Cheryl Bernard clinched a playoff spot at the Vancouver Olympics yesterday by cruising to a 6-2 victory over reigning gold medallist Anette Norberg of Sweden.

The two rinks entered the game with identical 5-1 round robin-records, good for first overall, but Bernard seized control of the match by scoring two with her hammer in the second end.

The Canadian women will return to the ice this morning for a date with Britain and with a win will clinch the tournament's No. 1 seed.

THE CANADIAN PRESS

KEVORK DJANSEZIAN/GETTY IMAGES

Vanessa Crone and Paul Poirier compete in the free dance portion of the Ice Dance competitions at Pacific Coliseum last night. For results, visit metronews.ca/olympics.

Siblings fake romance

Brother-sister duos put in awkward position

Israeli ice dancer Roman Zaretsky knows exactly what people are thinking when they see him and his sister skating hand-in-hand or doing a seductive tango.

Double ick.

"The romance part, it's hard to show because it's programmed in your head this is your sister," he said. "So it's hard to act."

Anyone with a brother or sister knows there are times you don't even want to talk to them, let alone gaze into their eyes longingly and convince people you mean it.

For four of the 23 ice dance teams at the Vancouver Olympics, however, there's no choice.

Joining the Zaretskys — Roman and Alexandra — in last night's free dance are Britain's Sinead and John Kerr; Japan's Cathy and Chris Reed; and Germany's Christina and William Beier.

Brother-sister acts are nothing new in figure skating. French ice dancers Isabelle and Paul Duchesnay added the silver medal at the 1992 Albertville Games to the world title they had won a year earlier. American siblings Kitty and Peter Carruthers were silver medallists in pairs at the 1984 Olympics.

But when most fans think of pairs or dance, they like to imagine blissful love stories like 2002 Canadian pairs gold medallists Jamie Sale and David Pelletier or recent Vancouver pairs gold medallists Shen Xue and Zhao Hongbo.

The fact that they touch almost constantly when they're on the ice, often wear skimpy outfits that leave little to the imagination and skate to romantically themed music only adds to the illusion.

THE ASSOCIATED PRESS

What to watch today

TV Highlights

Noon: Women's curling Canada vs. Britain (Sportsnet).
4 p.m.: Alpine skiing Men's giant slalom gold medal (TSN).
4:15 p.m.: Freestyle skiing Women's ski cross gold medal (CTV).
5 p.m.: Nordic combined Men's team 4 x 5 km relay gold medal (OLN).
5:15 p.m.: Men's curling China vs. Canada (TSN).
7:30 p.m.: Men's hockey Canada vs. Germany (CTV).
8 p.m.: Figure skating Women's short program (Sportsnet).
10 p.m.: Men's hockey Czech Republic vs. Latvia (TSN)
10 p.m.: Women's curling Canada vs. Russia (Sportsnet).

VANCOUVER GAMES

Medal Count

NATION				TOTAL
U.S.	7	7	10	24
Germany	7	9	5	21
Norway	6	3	5	14
Russia	2	3	5	10
Canada	4	4	1	9
South Korea	4	4	1	9
Austria	3	3	3	9

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LIBERIA
$699
COSTA RICA
Allegro Papagayo ★★★★
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Thu, Mar 18, 25
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No medal for Canada in men's cross-country sprint
Canada just missed the podium in the men's cross-country sprint at the Winter Olympics yesterday as Alex Harvey of St-Ferreol-les-Neiges, Que., and Devon Kershaw of Sudbury, finished fourth. It is the best-ever Olympic cross-country result for Canadian men. THE CANADIAN PRESS

Luongo gets nod in do-or-die

Team Canada is ready to sink or swim at the Olympics with Roberto Luongo in goal.

Coach Mike Babcock tabbed the Vancouver Canucks goaltender yesterday to take over from struggling veteran Martin Brodeur for as long as Canada can go at the 2010 Games.

It starts with a must-win game against Germany tonight. A victory would put Canada into a quarter-final tomorrow against powerful Russia.

"That's our plan — he has an opportunity here and he has to play well," said Babcock.

Luongo said he was told of the change after Canada was beaten 5-3 by the United States in their final preliminary round game Sunday night, when Brodeur allowed four goals on 22 shots while American goalie Ryan Miller was making 42 saves at the other end.

That gave the U.S. a bye into the quarter-finals, while Canada must first play its elimination game against Germany, a tight-checking underdog.

Luongo started Canada's first game of the Olympics, making 15 saves for the shutout in an easy 8-0 win over Norway, but then ceded the net to Brodeur, the NHL's all-time leader in wins and shutouts, for the next two games.

"It's going to be fun to play in front of the fans again," said Luongo. "It was a great experience in my first outing.

"I've played at world championships and world juniors and some playoffs, but this I'm really excited about," the Montreal native said. He will also be playing in the Canucks' home rink — GM Place, which was renamed Canada Hockey Place for the Games. THE CANADIAN PRESS

Yzerman believes

- Steve Yzerman still believes in the 23 players representing Team Canada. The executive director of the men's Olympic hockey team thinks Canada has improved in each of its games and remains hopeful the trend will continue. Yzerman noted that he isn't surprised with the position the team finds itself in. The two-time Olympian says Canadian teams tend to start slowly at international hockey tournaments. He also said the quality of competition is much improved.

RYAN REMIORZ/THE CANADIAN PRESS

Team Canada's goaltender Roberto Luongo takes a break during yesterday's practice.

Canada, U.S. hockey game puts up historic numbers, says CTV

RATINGS CTV says 10.6 million Canadians watched the Canada-United States Olympic hockey clash, making it what the network calls the most-watched sports program in the country's history.

The average number of viewers for the game exceeded the 10.3 million who watched the same two countries in the hockey final at the 2002 Winter Olympics in Salt Lake City. However, a different measuring system is now in use so comparing numbers is difficult.

CTV says the Americans' 5-3 victory over Canada Sunday was watched in part by nearly 21.5 million Canadians — or 64.3 per cent of the population.

The men's ski cross was another big hit Sunday, drawing an average national audience of 4.2 million viewers, while 3.6 million Canadians watched Kristina Groves win silver in the 1,500-metre long-track speedskating final.

Rounding out the top five were the Russia-Czech Republic men's hockey matchup (2.3 million) and the women's curling tilt between Canada and the United States (2.2 million). THE CANADIAN PRESS

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Despite underdog status, Germans looking forward to Canadian 'challenge'

JEFF HODSON
Metro Canada

HOCKEY If Christian Erhoff has any secrets on how to beat his Vancouver Canucks teammate Roberto Luongo, he's not about to share them with the world.

With his countrymen, however, is another story.

"If he has some weaknesses," Erhoff said, "I'm going to share them with my teammates.

"Maybe one thing or the other, but I like I said before, that's for the dressing room."

"There's no pressure on our team, it's the total opposite than the pressure that is on Canada."
Germany's Christian Erhoff

The German men's team has yet to win a game this Olympics and will be heavy underdogs in today's elimination tilt against Canada.

Luongo will get the start for the Canadian team that was relegated to the quarter-finals after a 5-3 loss to the U.S. Sunday.

"It's going to be a great challenge for our team," Erhoff said. "(Canada) is a team loaded with NHL superstars, so it's going to be a lot of fun for the guys who usually play in Germany … there's no pressure on our team, it's the total opposite than the pressure that is on Canada."

Boston Bruins forward Marco Sturm said his German team would have to be perfect to manage a win against Canada.

"We have to be realistic," Sturm said.

"We're big underdogs. We're just going to go out and work hard."

Life, death and the Olympics: Rochette is not alone

FieldofPlay
Scott Russell
metronews.ca/fieldofplay

Joannie Rochette must be emotionally drained in the wake of her mother Therese's death. The tragic news comes on the eve of the most important competition of the young skater's life.

But Rochette should take heart because she is not alone. The country mourns with her and supports her agonizing decision to leave the Olympic city or remain to take part in the Games.

There is more than one precedent in Canadian history for this kind of occurrence at a critical time. Perhaps Rochette can draw some comfort and strength from those who have gone before her.

In 1992, one week before the Barcelona Olympics, medal-favoured synchronized swimmer Sylvie Frechette endured the suicide of her fiancé. Frechette chose to compete at the Games and won gold.

Just two days prior to the 1998 Winter Olympics in Nagano, hockey player Danielle Goyette's father, Henri-Paul, died from complications associated with Alzheimer's disease. In her first game just three days later, Goyette scored three goals and added an assist as Canada began the tournament with a victory against Japan. The Canadians went on to win a silver medal.

Finally, and most recently, there is the case of swimmer Brent Hayden. The week before he competed at the world championships in Melbourne, his grandfather Perry Anderson died of old age in British Columbia.

"I visited him on his death bed before I left for Australia and promised I'd win the gold medal for him," Hayden recalled in Whistler.

"It was the last thing I thought about as I got up on the blocks and began my swim. I just remembered the promise I made him and didn't want to let him down. I didn't care how much it hurt I was going to deliver on my promise to him."

It ended up that Hayden made good by winning gold in the 100-metre freestyle and was true to his word.

It is a tragic set of circumstances and for Rochette, the timing could not be worse. But she has to know that there is a way to survive this.

She must have faith that she is not alone and that her mother is so very proud of her as she readies for her time on the great stage of the Olympic Games.

ROBERT SKINNER/THE CANADIAN PRESS

Canada's Joannie Rochette takes a break during figure skating practice yesterday.

Gemini Award winner and author Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

Crosby could get new linemate

HOCKEY It looks like the Canadian men's hockey team will break up the Sidney Crosby-Rick Nash combination at the Olympics.

Crosby and Nash played together for the first three games in Vancouver with a variety of other wingers, but Nash has yet to find the net.

In practice yesterday, Crosby had Jarome Iginla on right wing and Eric Staal on the left side, while Nash moved into Staal's spot on left wing with Ryan Getzlaf and Corey Perry on another line.

San Jose Shark teammates Joe Thornton, Dany Heatley and Patrick Marleau will remain on another line, while fourth liners will come from Jonathan Toews, Patrice Bergeron, Brenden Morrow, and Mike Richards.

Canada plays Germany today seeking a berth in the quarter-finals against Russia. THE CANADIAN PRESS

Durham College receives $5 million from region for campus expansion
Last Wednesday, the Region of Durham approved Durham College's request for $5 million in financial support towards the second and third phases of the college's Whitby campus expansion. METRO NEWS SERVICES

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Bohemian business thrives in Riverdale

Small Business City

RAFAEL BRUSILOW
for Metro Canada

More new condo residents have meant better business for Riverdale.

The bohemian enclave, located just east of the Don River, is home to many owner-operated shops that are thriving in the population boom.

Pamela Kearns, a coordinator at the Riverside Business Improvement Association, says changes in the local business community have been quick but the neighbourhood has kept its individuality.

"We're becoming a very vibrant area — we don't have big box stores so these are all one-of-a-kind, owner-operated stores. There's a great residential base here and there are people on the sidewalk so that helps with getting customers into the shops," Kearns said.

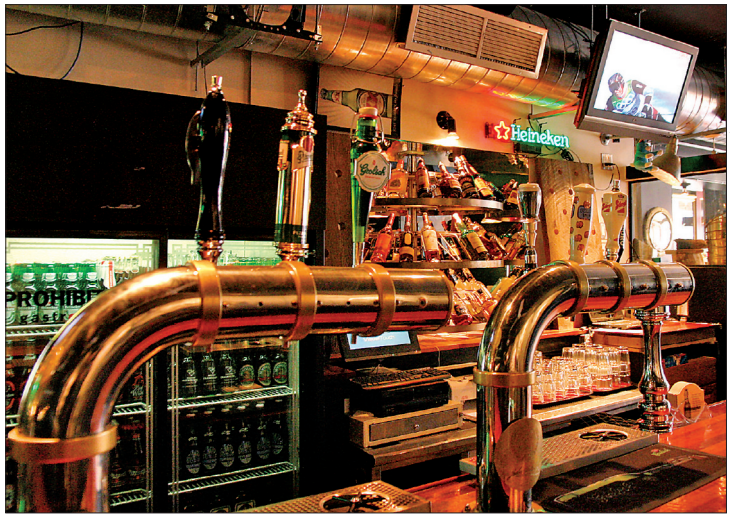
Celebrity chef Lynn Crawford is set to soon open a restaurant in the area after buying the Citizen bistro, so clearly larger business interests are eyeing Riverdale as a place to invest in.

At home furnishings store Liloo (734 Queen St. E.) owner Sapna Alim, 33, has seen a rapid influx of business into the area in the four years since she opened the store.

"We've got a lot of new businesses in the neighbourhood. It's what I believe Queen West used to be — it's got a very bohemian feel," Alim said.

The biggest changes have been fed by all the new condos in the area, she says.

CONT. ON NEXT PAGE>>



PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Prohibition, above, and Dangerous Dan's, below, are a couple of options for eats in Riverdale.

"It's what I believe Queen West used to be — it's got a very bohemian feel."
Liloo store owner Sapna Alim

Riverdale will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

Don't miss Spaces and Places!

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Algoma U names new president
Algoma University announced Friday that Dr. Richard Myers has been appointed the school's new president, taking over from Dr. Celia Ross on July 1. A graduate of the University of Toronto, Myers has taught at universities in China and Japan. METRO NEWS SERVICES

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Condos ushered business

>> CONT. FROM LAST PAGE

"Condo developments started popping up three years ago so a lot of new residents started moving into the area and business started coming in as well. The most change has happened in the last 13 months," Alim said.

Roxanne Deans, 37, just celebrated the first-year anniversary of opening her store Roxanne Reads (750A Queen St. E.) and says she chose Riverdale for her business because it was cheaper to start up here than in The Beach, despite having a similar feel and clientele.

"Leslieville and (Riverdale) have that sort of small city feel and the neighbourhood has been unbelievably welcoming to us. This is an up-and-coming neighbourhood and what I like about it is that they're upscale but approachable," Deans said.

Watch out for Dangerous Dan's

RESTO When James McKinnon opened up Dangerous Dan's Diner (714 Queen St. E.) 11 years ago, the area was much less businesslike and definitely edgier. Now he says business is steadier and competition among shop owners in the area is healthy.

"It was a lot rougher and more blue-collar when I started. The business community wasn't as established. We don't have the fights and ejections anymore and we've got a ton of regulars," McKinnon said.

Prohibition?

- Prohibition Gastro House (696 Queen St. E.) owner Michael Summerfield, 41, says he opened the bar two-and-a-half years ago because he saw a community in growth and believes that despite how far Riverdale has come it still has plenty farther to go: "We knew it was an emerging market and it really is emerging. It's not yet where it's going to be. Our clients are all local, very much regulars and people are still discovering us."

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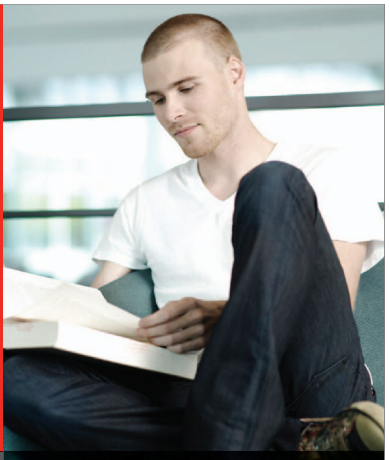
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SFU to close satellite campus in Kamloops
In light of a projected $9-million shortfall, Simon Fraser University will have to close its Kamloops Indian Reserve campus within a year, the school's vice-president (academic) said at a recent impromptu gathering at the satellite campus. METRO NEWS SERVICES

Shy? It's not the end of the world

SYLVIA PUTZ
for Metro Canada

Because body language plays such a big role in job interviews and talking about yourself can be very hard for introverts, Carole Cameron advises introverts to try and appear more assured.

Do you fret that your introverted personality will not help you land in the top contender list at job interviews? Or, that you will not be identified as a candidate for promotion because you just can't seem to make yourself heard?

You may have reason to worry.

While being introverted is simply a way of being for about a third of the population in this country, introverts do have to work a little harder to get recognized for their achievements.

"The talents and strengths of an introvert are more hidden. They don't tend to showcase themselves so they are more likely to get overlooked," explains Carole Cameron, human resources specialist and author of Splash: An Introvert's Guide to being Seen, Heard and Remembered. "The talents and strengths of an extrovert are on the outside, so they are more easily recognized and rewarded," she adds.

And that can lead to frustration. "Introverts can feel like they're missing out on great stuff just because they haven't engaged enough — their good stuff isn't out there enough for people to notice."

Cameron describes herself as an introvert. She understands the frustration of having great ideas but not being able to come across during meetings and interviews. "I felt totally invisible," she says.

But there is hope. Cameron's own experience led her to write her book, which lays out a path for introverts "to make a splash, to be heard, to be remembered, to be visible."

Especially during interviews, body language is extremely important, she says. Introverts are uncomfortable talking about themselves, and it shows. Get feedback from friends and family on how to appear more assured, or videotape and watch yourself and purposefully focus on changing the impression you make.

To appear more confident, make it your mission to smile, make eye contact, sit up straight, keep your hands from fiddling, and finally, practise that firm handshake.

As an introvert who does not take naturally to casual "off the cuff" types of conversations, make sure you formulate and practise in advance the answers to anticipated interview questions or crucial points of a conversation with the boss.

To be memorable during an interview, wear something distinctive (but tasteful) that the interviewer is likely to make note of — a beautiful handbag or briefcase, a bright red scarf, or an unusual piece of jewelry. Or tell the interviewer something interesting about yourself, something likely to make a connection.

Also keep in mind that networking is the most likely avenue for finding work. Search for strategies to make networking work for you, such as volunteering at conventions.

And once you are hired, make sure the bosses know about all the wonderful things you do at work. For example, send a friendly weekly e-mail outlining status and achievements.

And if you end up in a meeting, accept the reality that introverts can easily get drowned out in the chatter of the extrovert majority. It's best to identify the points you wish to make and concentrate on delivering them succinctly and with confidence.

Are you an Introvert?

- One distinguishing characteristic of introverts is that, even though they can "switch" on during social events and have a good time, they expend energy socializing and must recharge afterwards, by being alone or doing a solitary activity. Lots of chatting can exhaust them.
- Extroverts, by comparison, become energized by being with other people and don't like being solitary most of the time. They like to talk, often at length and in great detail, and "think out loud" to explore and develop ideas or solutions.

"The talents and strengths of an introvert are more hidden."
Carole Cameron

On bookshelves now, check out Amazon.ca

From Jamaica to Canada to Star columnist

Black History Month

JON TATTRIE
for Metro Canada

Growing up in Jamaica, Royson James devoured the Jamaican Gleaner newspaper every day. When he moved to Canada in 1969 at age 16, he had a pretty good idea what he wanted to do with his life.

"I couldn't do math and I couldn't do chemistry, so medicine and sciences were out of the question. I gravitated towards things I could do — literature and history. I figured that might be a good career," the Toronto Star's City columnist explains.

He landed his first journalism job with Contrast, a Toronto-area black community newspaper. In the early 1980s, the Toronto Star began inserting community newspapers and sent young reporters to cover "the boonies," James says. He was dispatched to Scarborough. He worked his way up the paper, starting his column in 1998.

"It's a dream job for print journalists — for them to pay you to write your opinion, that's pretty neat," he says of his three-times-a-week slot. "At the same time, it's a daunting job because suddenly your cover is blown."

Royson James

As a reporter, it's all "he said, she said," but as a columnist it's "you said," he laughs. "You're exposed."

The stronger comment, the stronger the reaction from the reader, which James accepts as par for the course. After all, he barges into readers' homes every morning with his opinion. He doesn't hesitate when asked what topics draw the most reaction: Race and policing.

His background sometimes gives him a different take on events. An example is his Jan. 19 column on earthquake-hit Haiti. "For most of us, Haiti is a metaphor for misery and despair. For me, Haiti is a symbol of freedom — a mysterious lost brother, loved from afar, inscrutable, unfamiliar and cherished," he wrote of the Caribbean country born in a slave revolution.

"Every now and then I stray away from my regular beat … and I get this because I may have a different perspective from most of the other writers at the Star. I take responsibility to present that view point," he told Metro.

James figures his next career step will be retirement. That might him a chance to pursue a long-held ambition to write a novel or perhaps a children's book.

"I've been threatening to write one since my kids were babies," he says, noting three of his children are adults and the fourth is in Grade 9.

Some famous black Canadians

- Michaëlle Jean, born in Haiti and raised in Quebec, became Canada's first black governor general in 2005.
- Roland Pemberton, aka Cadence Weapon, is Edmonton's Poet Laureate.
- Donovan Bailey became the first Canadian to win Olympic gold in the 100-metre sprint in 1996.
- Lincoln Alexander became Canada's first black MP in 1968 (for Hamilton West) and Canada's first black vice-regal in 1985, when he was named lieutenant governor of Ontario.

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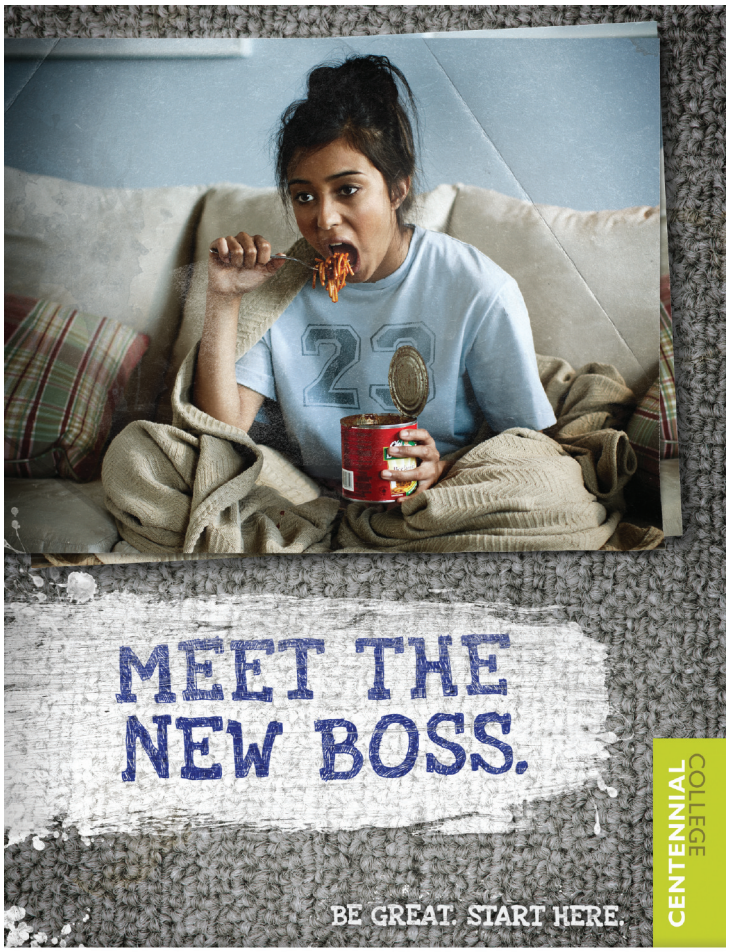


Embracing strengths is great for careers

When her accounting firm made it known that it was looking for a new partner, Robin Peaker decided to put her name forward as a potential candidate.

"I went to them and I said, 'Why not me?'" she recalled. "And that's when I was surprised when they said, 'OK, sure.'"

Peaker, who graduated with an honours bachelor degree in commerce from Hamilton's McMaster University in 2002, has been with Toronto-based accounting firm Stern Cohen LLP for just over five years.

In that time, the 30-year-old ascended the ranks from an entry-level staffer to manager. As of Feb. 1, she's a newly minted partner. Still, Peaker admits to feeling a little nervous about initially raising the issue of becoming partner.

"I figured that the worst that I would hear would be, 'Not yet,' or 'Not quite now,'" she said. "And the bright side of that was that it fosters a discussion that I want to have.

"I want them to point out where I need to make improvements, where I'm weak, where I'm strong, and what to work on, and focus on in the future."

Career coach Shirin Khamisa, founder of Careers by Design, said an important starting point for those looking to advance their careers is to ask themselves about their definition of career success.

"Often, we think it might be moving into management or moving forward on a certain track that you're on," she said. "But when you really ask that question, that really allows you to build or construct a career or advance it in a way where you're really going to be fulfilled."

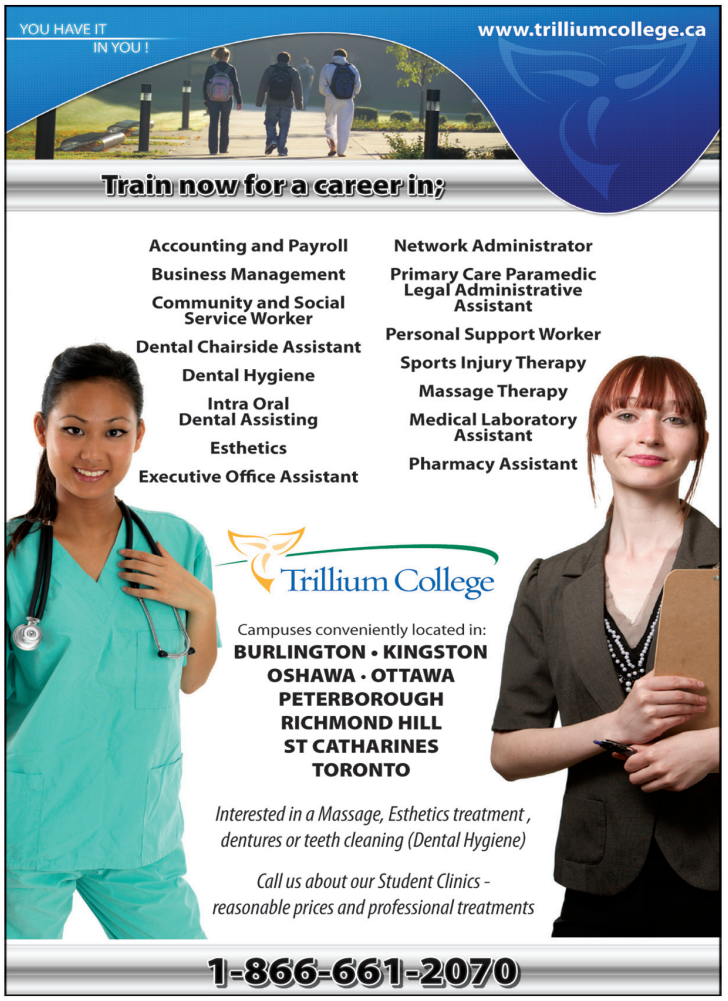
Khamisa said the time early on in careers can be marked by some uncertainty or confusion. What can help is both knowing and embracing your strengths.

"I want them to point out where I need to make improvements, where I'm weak, where I'm strong, and what to work on, and focus on in the future."
Robin Peaker

For example, she's seen people who have a creative skill set that can bring a lot of value to their role, but they believe there's a more direct career path for someone who is analytical.

"They may try to shape themselves into that person or they might try to fit into that skill set to advance further and not tap into that skill set they have that could really propel them further."

THE CANADIAN PRESS



SPECIAL FOCUS ON:
Sexual Health and Relationships

Health & Beauty

EDITOR: EMMA. YARDLEY@METRONEWS.CA

Daily stress takes its toll on sexual desire

Men and women both suffer when intimacy is replaced with 'to do' lists and worries

CELIA MILNE
for Metro Canada

No time for yourself? Hate your job? Can't pay your bills? Time to de-stress before it hurts your sex life.

"Stress plays a significant role in dampening libido," says Eli Bay, a relaxation expert in Toronto.

"If you are tired and you don't have the urge and you can't perform, it is very likely a stress thing," he adds.

Bay is a skill trainer who has been teaching people the tools to deal with stress for 32 years.

Stress can affect sexual health in both men and women.

"Stress is a fight or flight reaction. It is great in an emergency, but not when you are trying to heal, make love or be creative," he says.

When you are stressed, your body becomes focussed on defending itself — poised for battle.

"People are walking around with low level stress all the time. That's the new normal.

"It takes a toll. Your energy is sapped by having a constant low-level stress."

"People are walking around with low level stress all the time. That's the new normal ... Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Eli Bay,
Relaxation expert

Along with common signs of stress such as poor sleep, anxiety, allergies, gastrointestinal problems, heartburn, indigestion, grinding teeth, depression, and asthma, Bay has seen people suffer from erectile dysfunction, loss of desire, and impotence.

It makes sense because when you are stressed, you feel tired and angry.

PHOTOS.COM

Trying to balance household finances and over-loaded work schedules can affect stress levels.

Your muscles are tense and your breathing is shallow, your blood pressure is up, your blood sugar may be up, and your body is getting ready for flight.

"Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Exacerbating the problem for some people is the fact that medications for depression and anxiety can cause sexual dysfunction and impotence.

Crutches such as alcohol, smoking and drugs can make the problem worse.

Bay is a proponent of using relaxation techniques to quell the effects of low-level stress.

"It's not a pill, it's a skill. Cultivate it, develop it, practice it and when you are in need of it, call upon it.

"People who are stressed out before they plan to make love need to take time, relax, breathe, use slow, deep, full breathing. It can be very powerful. It brings you into the moment."

How stressed are you? Bay's website, elibay.com, provides a quiz to answer that question, and offers DVDs, training sessions and other tools to help you learn to relax.

Other ways to deal with stress

...and save your love life

- Identify the root of your problems.
- Work through ways to solve the problems.
- Talk to others
- Exercise regularly
- Do activities that take you away from your stressors
- Don't waffle: Make decisions
- Avoid putting things off
- Make a schedule of leisure activities
- Delegate if you are too busy.

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Distance makes the heart grow fonder

Or does it? Technology's role in long distance relationships

Maintaining a relationship when geography keeps you apart isn't easy.

Technology has certainly helped to bridge the gap. But while things like web cams and Skype, texting and email can literally keep you connected when school, work or even war separate you for long periods of time, these new technologies don't always make long-distance relationships easier.

In fact, sometimes they can even make things worse.

"One of the problems with email when you're in a long-distance relationships is that you can't express tone and it's easy to misread things," explains 32-year-old Lisa, who's boyfriend of two years is in Australia for a year for work.

"Emoticons help a bit, but there are limitations. Once in a while we deal with bigger emotional stuff by email, but we try to avoid it," she continues.

"It can be tempting to write things in email you wouldn't say to each other in person and, once it's in writing and you hit send, you can't take it back."

Texting can be great because you can send each other quick "hits" throughout the day just to let the other person know you're thinking about them. But, because technology has trained us to expect constant and immediate communication, if you don't get a returned text immediately, it's hard not to fill the empty space with doubt about why you haven't heard back.

In some cases, communicating more often can even push long-distance couples apart.

Gregory Guldner is the director of the Center for the Study of Long Distance Relationships in the U.S. He also spent four months as an emergency physician in Iraq.

In an article in Forbes magazine, he says that, in the military, for instance, tools like satellite phones have broken down some barriers that would have better been left standing.

"Technological communication can interfere with the separate worlds that people are trying to maintain," Guldner is quoted saying.

"When a soldier is pinned down in combat and his wife is at home trying to deal with a broken dishwasher, they can't really relate to one another."

And communication technology can only take "that long-distance feeling" so far.

Lisa and her boyfriend have regular video conferencing "dates."

But, says Lisa, "While it can be fun to watch a movie together on a Saturday night while we're both on web cam, sometimes, the experience just makes me miss being physically together even more."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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METRO WORLD NEWS

Maya Fiennes went from concert halls to energizing charkas.

The key to Kundalini

YOGA A former classical pianist, Macedonian born Maya Fiennes took up yoga as a way to calming her nerves before performances. It then became the focal point of her career and she now has a celebrity following including Elle Macpherson and Jennifer Aniston.

Fiennes focuses on Kundalini Yoga, which uses the creative energy we have bursting inside of us. It also involves tantric energy, using sexuality as a vehicle to spirituality.

Far from what most people think, the tantric way of life isn't just about sexuality but more about achieving perfection and acceptance.

Fiennes differentiates between two types of energies related to sexuality in kundalini — red and white tantra.

"Red tantra is just sexual, its just physical whereas white tantra is about making an emotional connection. A vehicle for reflection, white tantra is almost like making love to yourself," says Fiennes.

"What you achieve is the emergence of two souls via lovemaking, allowing you to get closer to your higher self.

"Sex is something that happens in the head. Only once the head is stimulated can you stimulate the organs."

The flow of tantric energy takes place at the body's Charkas, or energy points. There are two charkas linked to sexual and emotional energy, the second and the fourth chakra.

The second chakra is placed by our sexual organs and is where we store emotions. It is represented by a water element, depicting the flow of emotions like the flow of water. The fourth chakra is at the heart and represents love.

Once you open this chakra, you will be prepared to give others more in terms of emotion, and go further than just physical feelings.

Kundalini Yoga allows you to open up your charkas and allowing for a flow of pure pleasure.

According to Fiennes, the biggest hurdle for couples is being able to look at each other for more than three minutes.

"People break down in tears … some have been married for over 30 years yet have the impression they are staring into the eyes of a stranger," explains Fiennes.

"They have lost their intimacy, they still have sex but they have lost their connection."

Kundalini is about believing that love is just as spiritual as it is physical. People tend to clam up and close their hearts after coming out of a bad relationship and this affects how we behave throughout our lives.

"My best advice is for people to move on and enjoy and not be prisoners of their past. Forgive and forget and focus on the present. Kundalini helps you get to that openness, which is key to a happy relationship."

METRO WORLD NEWS

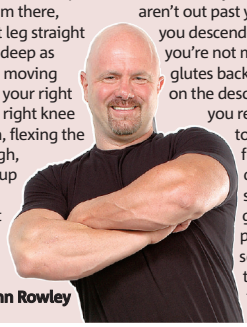
Maya's tip
...to a health relationship

- It's all about being able to listen to one another and not just offload anger and stress on your partner.
- A connection is made between two people when they take the time to sit down and talk.

Let the at-home Games begin!

FITNESS As the Vancouver 2010 games move into their second week, John Rowley, the Director of Fitness & Wellness at the American Institute of Healthcare and Fitness, lays out some Olympic-inspired exercises to get you into the olympic spirit and go for gold!

SPEED SKATER LUNGES: With your hands on your hips, take a comfortable stance, feet shoulder-width apart, head up and torso erect. From there, step with your right leg straight out to your side, as deep as you can go without moving your left foot. Plant your right foot and bend your right knee to 90 degrees. Then, flexing the muscles of your thigh, push yourself back up to a standing position and repeat the movement with your left leg. Alternate side to side until you've completed at least 10 reps per leg.



John Rowley

BODY-WEIGHT SQUAT (LEGS): Put your hands on your hips. From a standing position, feet about shoulder-width apart, squat down until both knees reach 90 degrees. As you lower yourself, keep your lower back slightly arched, head up, and stick your glutes out as if you were going to sit in a chair. Also, be sure that your knees aren't out past your toes as you descend–if they are, you're not moving your glutes back far enough on the descent. Once you reach the bottom position, flex your quads, hamstrings and glutes to power yourself back up to a standing position and then repeat.

CROSS COUNTRY SKI LUNGES: Lunge across the living room moving your arms as if you are cross country skiing, or go to the steps and take two at a time with a lunging movement, moving your arms as well to tone your quads, hams and glutes.

PARALLEL BARS: Don't have your own parallel bars at home like Mitch Gaylord the Olympic Gold Medalist? Then grab two chairs and do dips in between the chairs for a great upper body work out.

UPSIDEDOWN LUGE RUN (BICYCLE): Lie on your back as though you are about to do a regular crunch, then lift both legs up so that they are a few inches off (and parallel to) the floor. Then, just as you would do a normal crunch, lift your shoulders off the floor but twist one elbow inward, and at the same time bring your knee in having it meet at the middle with the knee opposite to that elbow. Return your knee and shoulder to their original positions, and the next crunch should be used with the other elbow and knee. It looks like you are riding a bike but including your upper body.

HAND STAND PUSH UPS: You can start with regular push ups, then put your feet up on a chair and increase the angle until you are doing push ups from the hand stand position. Great Pole Vaulters do this. This works your chest, shoulders and triceps muscle.

RUN THE PODIUM STEPS: Don't have a podium? Walk or run the steps at home. This works your quads, hams, calves and glutes and is also a great cardio vascular work out. You can also go up sideways.

Even the small things matter

Simple notes and caring gestures can help a relationship

Turning on the coffeemaker or filling up the gas tank doesn't exactly jive with the typical images of chocolates and flowers usually seen as romantic gestures.

But an American researcher and psychologist who has spent more than two decades tracking married couples to learn what keeps twosomes together says it's small changes and gestures that make big inroads into helping couples stay happy.

Terri Orbuch, a research professor at the Institute for Social Research at the University of Michigan and an Oakland University professor, is the project director for the Early Years of Marriage Project, said to be the longest-running study of married couples ever conducted.

Since the study began in 1986, 46 per cent of the 373 married couples have split.

But in her book, 5 Simple Steps to Take Your Marriage from Good to Great (Random House), Orbuch has zeroed in on those pairs who remained together to see what leads to happiness in their marriages, as well as exploring the factors that can transform an OK marriage to a great or exceptional one.

Orbuch, known as "The Love Doctor," said little actions, like perking a pot of coffee for your java-loving spouse, putting fuel in the car or even surprising him or her with a greeting card in the mail are all small ways to affirm your partner and show them they're special, valued and cared for.

PHOTOS.COM

Terri Orbuch, right, says little actions, like perking a pot of coffee or putting fuel in the car are all small ways to show them they're valued and cared for.

"I'm just talking about a little work that's simple and easy consistently," she said in a phone interview from a Detroit suburb.

"It's small changes in behaviour and attitude that can create happiness and transform your relationship almost instantly."

Equally as important as actions are words of encouragement and affection, Orbuch said.

Both men and women need "affective affirmation" — which includes compliments, help and support and encouragement.

But Orbuch said a key study finding she considers surprising was that men need such affirmation more than women.

While women are fortunate to receive such kudos from friends and family members — like a compliment on a new haircut, for example — men typically only receive such feedback from their wives, Orbuch said. "(Husbands) really need it and crave it more from their wives, and when they don't get it, they're much more likely to be distressed, unhappy, and that relationship in general or the marriage is likely to be unhappy."

> **"It's small changes in behaviour and attitude that can create happiness and transform your relationship almost instantly."**
> Terri Orbuch, author of the 5 Simple Steps to Take Your Marriage from Good to Great

Implementing small changes and knocking each other off balance can also help stave off relationship ruts, Orbuch said.

It can be as simple as letting your partner make the dinner reservation if it's typically your task, or shaking up routines by playing hooky from work, taking a salsa class or attending a lecture together, Orbuch said.

Activities like exercise, scary movies and riding a roller-coaster which produce an arousal or adrenaline rush can be transferred to you, your partner and your relationship if done together, she added.

Orbuch said in her study the main reason relationships fail or are unhappy is frustration, which emerges when there are unrealistic expectations of a partner that can't be met.

"The bigger the difference between what we think should happen in a relationship and what actually does happen ... the greater the frustration and the more likely we are to be unhappy."

For example, many spouses felt if they were truly in love with someone, passion, excitement and romance would never fade.

But the reality of all relationships as they develop over time is that those things do decline, she said.

"If you get real with your expectations, if you think, 'That's common, that's OK, I can reignite the passion ... it's something that always happens in relationships,' you don't get frustrated."

THE CANADIAN PRESS

Couple tips

Here are a few hints for couples from Terri Orbuch, author of 5 Simple Steps to Take Your Marriage from Good to Great:

- Each write down your top two relationship expectations. Exchange the papers and discuss what's of importance to each of you.
- Orbuch said couples should also institute a 10-minute rule to set aside time each day to discuss anything other than their jobs, family, the household or relationship.

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Tampons are a contributing factor is disrupting pH balance.

Finding pH balance

CELIA MILNE
for Metro Canada

Your period isn't just a monthly nuisance. It can also throw off your vaginal pH balance and trigger longer-term problems.

"Many women who suffer from recurrent infections find that their period is often the event that sets them in motion," says Dr. Machelle Seibel, a leading expert in women's health and Professor of Obstetrics and Gynecology at the University of Massachusetts.

"During your period, it is best to use the lowest absorbency tampon possible, altering the absorbency as the period flow fluctuates.

"It is also a good idea to change the tampon at least every four to eight hours to keep the pH balanced."

In healthy women, vaginal pH is typically 3.5 to 4.5 which is acidic enough to create a hostile environment for unwanted bacteria.

But blood has a pH of 7.4, so during your period pH becomes elevated by menstrual fluids.

Tampons contribute to the elevated pH as they retain the fluids that cause pH to increase.

If your vaginal pH is out of whack, you may experience odor, irritation or infection. Other things that can elevate pH are sex, douching and fancy soaps.

Seibel suggests avoiding feminine products containing deodorants and scented soaps.

Yes, ladies, you can enjoy sex again

CELIA MILNE
for Metro Canada

SEXUAL AROUSAL PRODUCT

There is help for women with a low sex drive. And it's available on store shelves just around the corner.

A recent U.S. study showed that a botanical oil called Zestra improved women's levels of arousal, desire, genital sensation and ability to have orgasms.

The study included 256 women aged 21 to 65. It was published recently in the Journal of Sex and Marital Therapy.

Zestra is available in Canada at Loblaws pharmacies, Wal-Mart, Zellers and will be in Shoppers Drug Mart by April 1.

Women with serious sexual dysfunction should see their doctor.

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Time to talk the same language

SZONJA KREZINGER
for Metro World News

American sociolinguist Deborah Tannen thinks the communication between men and women is like communication between cultures with different customs and different goals. In her book You Just Don't Understand: Women and Men in Conversation she discuss how certain sentences mean one thing to a woman and something else to a man.

METRO WORLD NEWS

Author Deborah Tannen

Q Women want to be loved, men want to be respected and this is what is shown in the way they communicate. Is this statement true?

A It's an exaggeration, so it's not literally true. But there is an underlying truth: Women often care more about if other people like them, assuming that they will be respected if they deserve to be. Men often focus more on their place in an hierarchy and their status in relation to other men, so they may care more about being respected.

Q Can you give an example?

A An owner of a book store told me she had a problem with the store manager. She had told him to do something, he'd agreed to do it, but didn't. When she spoke to him, they traced it to a misunderstanding.

She had said, "The bookkeeper needs help with the billing. How would you feel about helping her out?"

He'd said "Fine." She thought this meant "Fine, I'll do it." He meant, "I'd feel fine about doing it — and will when I get a chance."

He had not heard her question as an immediate request, but rather something to think about.

I later asked her how things were going with the manager, and she said they had no more problems.

I asked if he'd changed her way of telling him to do things.

She said "No, I talk the same way, but now he knows how I mean it."

He made the adjustment because she was the boss, but it proved that he had no problem understanding her intentions.

Q What are the different ways in which men and women argue with each other?

A Women are more likely to use personal examples of themselves and others; men are more likely to play "devil's advocate" arguing a position they don't really believe in order to win. Women are more likely to admit fault in some areas while denying it in others, whereas men are more likely to refuse to admit any fault.

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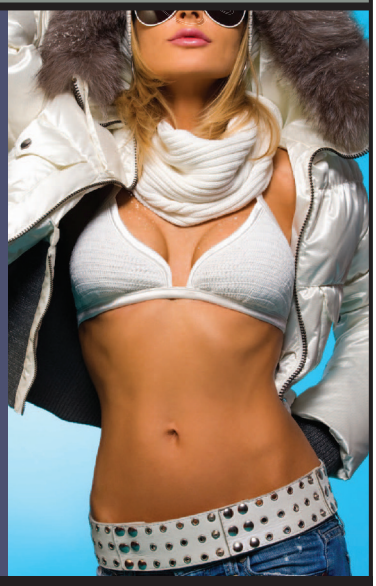

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TCC Toronto Cosmetic Clinic

New recipe collection website

The Food Channel is one of 14 select content partners to provide recipes for a new Meredith Publishing network website called recipe.com. The new site features quick recipes and meal ideas from the top recipe sites on the web. METRO NEWS SERVICES

Food

Don't be late for... tea

Get a taste of the new film adaptation of Alice in Wonderland with Tetley's new special edition packaging and tea flavours — inspired by characters Alice, the Mad Hatter, the Red Queen and the White Rabbit. The collection includes Tetley Tea Tins ($4.99) and canisters ($3.49) in English Breakfast, green tea with lemon, red tea with orange and orange pekoe. Available at most major grocery stores. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Heart healthy recipes

It seems salt is the new trans fat.

Experts are warning us that high intake of salt may lead to high blood pressure, heart attack or stroke. Although salt, is a mineral that is essential for our health, we consume this often hidden flavouring in excess.

Nearly 80 per cent of the salt in North American diets comes from processed and packaged food. Another 10 per cent of our salt intake is the salt that occurs naturally in foods. This means that you only control 10 per cent with the saltshaker.

In order to stay healthy, it's important to take steps to lower your salt intake today. In the spirit of "Heart Month" try some of my delicious lower sodium recipes.

Smoked Salmon Sushi Squares.

Smoked Salmon Sushi Squares

PREP TIME: 15 MINUTES
COOK TIME: 12 MINUTES

My corporate clients vote this their favorite appetizer. It's the perfect solution for those who shy away from sushi because of concern about eating raw fish. Nori is available in good quality supermarkets and Asian food shops.

Sushi usually goes with soy sauce, but soy sauce is high in sodium delivering 1,000 mg of sodium per tablespoon, which is half of your daily intake of this mineral. If you are using soy sauce, use low sodium soy-sauce, which has only 500 mg and use as little as you can. **SERVES 16**

INGREDIENTS:

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice wine vinegar
- 1 Tbsp granulated sugar
- 16 thin slices English cucumber (unpeeled)
- 4 oz smoked salmon
- 1 Tbsp light mayonnaise
- 1/2 tsp wasabi (Japanese horseradish)
- 1 sheet nori (dried seaweed)
- 1 tsp sesame seeds, toasted
- Low-sodium soy sauce, wasabi and pickled ginger (optional)

February is heart month

METHOD:

1. Combine the rice and water in a saucepan. Bring to a boil and boil for one minute. Reduce the heat to low, cover and cook for 12 minutes. Remove from the heat and let stand, covered, for 10 minutes.

2. While the rice cooks, combine the vinegar and sugar in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat.

3. Turn the rice out into a large bowl. Stir in the vinegar and sugar mixture. Cool just until the rice no longer feels hot. Don't let the rice get cold or it will dry out.

4. Line an 8-inch square baking dish with plastic wrap. Cover the bottom with the cucumber slices. Lay the smoked salmon over top. Mix the mayonnaise and wasabi together and spread over the salmon.

5. Place half of the rice over the mayonnaise. Pat it firmly to an even thickness, dipping your fingers in water to prevent the rice from sticking to your hands. Top with the nori. Add the remaining rice, patting it firmly to an even thickness.

6. Invert onto a serving platter and cut into 16 pieces. Sprinkle with the sesame seeds. Serve immediately, or cover with plastic wrap and refrigerate for up to eight hours. Serve at room temperature, garnished with soy sauce, wasabi and pickled ginger, if desired.

Homemade Potato Wedges.

Make Ahead

- For the sushi squares, prepare early in the day, cover and refrigerate. If you just want to cook and season the rice earlier in the day, cool before placing in a large plastic bag so it doesn't dry out.

Potato Wedges

PREP TIME: 5 MINUTES
COOK TIME: 40 MINUTES

These are the best and healthiest French fries you'll ever eat — forget deep-fried fast-food ones that can contain over 20 g of fat and 400 mg of sodium in a medium serving.

These homemade fries are delicious and much healthier. Experiment and use any seasonings you like.

You can cut the potatoes early in the day, as long as you keep them in cold water so they won't turn brown.

Serve them with your favorite meal.

SERVES 6

INGREDIENTS:

- 3 large baking potatoes (about 2 lb), scrubbed
- 2 Tbsp olive oil
- 1 tsp finely chopped garlic
- 2 Tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 Tbsp chopped parsley

METHOD:

1. Preheat the oven to 375°f. Lightly coat a rimmed baking sheet with cooking spray.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet. Combine the oil and garlic in a small bowl.

Combine the cheese and chili powder in another small bowl.

Brush the potato wedges with half of the oil mixture, then sprinkle with half of the cheese mixture.

3. Bake for 20 minutes. Turn the wedges and brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

Bake for another 20 minutes or just until the potatoes are tender-crisp. Garnish with parsley.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Everyday food

Martha offers new book, iphone app

Martha Stewart is making everyday food faster and easier this month, spinning off her Everyday Food magazine into a second cookbook and an iPhone application that offers recipes, daily dinner ideas and automated shopping lists.

The app, called Martha's Everyday Food, lets iPhone and iPod touch users access thousands of recipes from the magazine. Its introduction accompanies the release of Everyday Food: Fresh Flavor Fast, a compilation of 250 recipes from the magazine that aims to land tasty meals on the table in an hour or less.

The book includes recipes that promise relatively healthy, flavourful, fuss-free meals, such as beef and scallion stir-fry and pasta with sausage, Swiss chard and pine nuts.

Think-ahead moves — like roasting a second pork loin for future meals while preparing pork loin with figs and port sauce — really cater to the busy home cook.

Low-fat raisin bran muffins take the stress out of breakfast. They're like a bowl of cereal you can eat in the car.

And you don't even have to decide what's for dinner until you're standing in the grocery store. The Everyday Food app will let you search and download recipes, add the ingredients to your shopping list, then let everyone in the family know what's for dinner via email.

Above: Beef and Scallion Stir-Fry. Right: Everyday Food: Fresh Flavor Fast, Clarkson Potter, 2010, $29.99.

Beef and Scallion Stir-Fry

MAKES 4 SERVINGS

INGREDIENTS:

- 175 ml (3/4 cup) water
- 30 ml (2 tbsp) hoisin sauce
- 30 ml (2 Tbsp) rice wine vinegar (unseasoned)
- 15 ml (1 tbsp) cornstarch
- Coarse salt
- 2 ml (1/2 tsp) red pepper flakes, plus more for serving (optional)
- 15 ml (1 Tbsp) plus 5 ml (1 tsp) vegetable oil, such as safflower or canola
- 625 g (1 1/4 lb) flank steak, cut diagonally across the grain into 1-by-7.5-cm (1/2-by-3-inch) strips
- 4 garlic cloves, minced
- 2 bunches scallions, trimmed, sliced crosswise
- 4 cm (1 1/2 inches) thick, white and green parts separated
- Cooked rice, for serving (optional)

METHOD:

In a small bowl, whisk together water, hoisin sauce, vinegar, cornstarch, 1 ml (1/4 tsp) salt and 2 ml (1/2 tsp) red pepper flakes.

In a large skillet over high, heat 15 ml (1 tbsp) of the oil. Pat steak dry with paper towels. In 2 batches, cook steak until lightly browned, turning once, about 2 minutes per batch. Transfer meat to a plate.

Add remaining 5 ml (1 tsp) oil to skillet along with garlic and white parts of scallions. Cook, tossing often, until fragrant, about 1 minute.

Whisk hoisin mixture to combine, then add it to skillet along with scallion greens.

Return meat to skillet and cook, tossing to coat steak with sauce, for 1 minute. Remove from heat. Serve immediately over rice and sprinkled with more red pepper flakes, as desired.

THE ASSOCIATED PRESS

Martha's app

- Martha's Everyday Food app costs 99 cents from the App Store on iPhone and iPod touch or at itunes.com/appstore.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Portugal reds

Earlier this year I predicted that Portuguese wines would be the breakout juice of 2010. Which, in retrospect, is kind of funny considering the country has been pressing grapes into service since what seems like forever. Portugal's time is now, though, especially when it comes to wallet-friendly red wines.

It has had some liquid success. Port (the classic fortified wine), Vinho Verde (a zesty white style) and good old Mateus (a rosé worthy of more respect) are well-established; but its reds have never been taken as seriously as those made by its European neighbours (at least among the masses).

I still say that will change this year; especially when you consider that the majority of Portuguese reds deliver big, unique flavours for less than $15.

Sogrape is one of the country's largest producers (it makes Mateus) and its **Vila Regia 2007** ($8.95 - $11.99) is a great introduction to the wines of the Douro Valley. Made with many of the same grapes as port, it's a dry, rustic red with a nice balance of oak and bitter cherry.

Also from Douro, Symington Family Estates' **Altano 2006** ($11.95 – $14.99) has a touch of raisiny sweetness flowing underneath its mature, dark plummy fruit.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Lakshmi has a baby

A Padma Lakshmi is now the happy mother of a daughter. "Model, author and Emmy-nominated host of Top Chef Padma Lakshmi gave birth to a baby girl named Krishna Thea Lakshmi on Saturday," her rep said. METRO NEWS SERVICES

Entertainment

Off the market?

The Daily Mail speculates that Daniel Craig has married his girlfriend of six years, Satsuki Mitchell. Craig was spotted with a gold band on his ring finger. Mitchell was also wearing a ring. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Olympic song a safe choice

I Believe does not reflect diverse Canadian scene

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Three days before the Olympics began I had already lost count of how many times I heard I Believe.

The song, sung by 16-year-old Montreal phenom Nikki Yanofsky, must have been on three or four times a night, so you can understand, after 11 days of speed skating, hockey and skiing, just how deeply lodged that track (and its equally epic variations) is in my head.

We can debate whether or not the song is any good, but by now that's irrelevant — would anyone be that upset if a day went by without hearing the tune? I Believe was chosen by CTV to inspire patriotic feelings among us Canucks, but for many it's become a second anthem, one that's supposed to represent Canadian ideals and, perhaps, our taste in music.

We pride ourselves on being a multi-cultural society, and that extends to music too — we've embraced rockers, jazz bands, opera singers, aboriginal artists and country music — so choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds.

If the network had to pick a single genre to focus on, though, it's not a surprise that they'd pick a song that sounds a lot like Celine Dion. One of the songwriters, Stephan Moccio, has written for the French-Canadian songstress (Glass Tiger's singer Alan Frew was the other writer), and the track's epic chorus and slick, mid-tempo verses follow a similar arch to Dion's huge 1996 hit Because You Loved Me.

Nikki Yanofsky's I Believe was chosen to inspire patriotic feelings and has topped the Canadan iTunes and Billboard Hot 100 charts.

"Choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds."

It may be a popular number — the single topped the Canadian iTunes and Billboard Canadian Hot 100 charts, so clearly lots of people like it — but it wasn't necessarily the most representative piece of music, unless we think of ourselves as snoozy, inoffensive and middle-of-the-road.

There's no right choice here — no song would satisfy everyone, and with so many genres to choose from, recording We Are The World-style ensemble with George Pettit, John K. Samson, Randy Bachman and Shania Twain could have been a disaster, but the songwriters at least could have tried to spruce the tune up with something other than a children's choir.

Having a mix of the country's more established and underground artists write their own Olympic songs would have been better, or at the very least, this one tune could have been recorded in myriad ways. (as folk tune done by East Coaster Joel Plaskett, a country song by Aboriginal singer Shane Yellowbird, a soft indie number by Jenn Grant.) In the end the song is so safe and devoid of any real Canadian culture that it not only pales in comparison to our other big hits, but we won't recall it a year from now. And that's too bad, because we've got a lot of great music worth remembering.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Conan weighs live tour

Former late-night TV host Conan O'Brien may be taking his act on the road and even overseas.

O'Brien

O'Brien's exit deal with NBC barred the former Tonight host from TV appearances for several months. He is weighing a tour that would take him directly to his fans, according to a person familiar with the proposal.

The person, who was not authorized to publicly discuss the plans, spoke on condition of anonymity.

Details are unsettled, the person said, but O'Brien may perform live in U.S. venues, including college campuses, and head to Europe. An O'Brien spokesman declined comment.

The tour could be a prelude to a new talk show for the comedian, who left Tonight in January when NBC tried to bump him to a midnight slot. Possibilities include Fox, which expressed interest.

Jay Leno reclaims Tonight next month.

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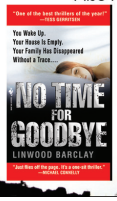
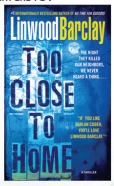
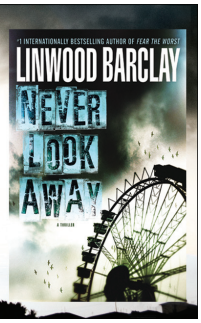
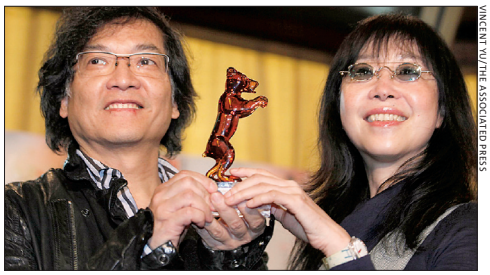






Jackson musical back in Disneyland
Captain EO and Michael Jackson are returning to Disneyland. The park says it will show the 1986 Jackson musical beginning Tuesday and running indefinitely. THE ASSOCIATED PRESS


VINCENT YU/THE ASSOCIATED PRESS

Director Alex Law and producer Mabel Cheung pose with the Berlin film fest's Crystal Bear prize for Echoes of a Rainbow yesterday during a press conference in Hong Kong.

Berlin win rare glory for Hong Kong films

AWARD Hong Kong celebrated a rare foreign prize for one of its films yesterday — a low-budget family drama set in the 1960s — a triumph viewed as a huge moral boost for a struggling industry overshadowed by the booming Chinese market.

Alex Law's Echoes of the Rainbow won the Crystal Bear prize at the Berlin International Film Festival over the weekend — the festival's top accolade for youth-themed movies.

It's hardly an Oscar — it's even a step down from Berlin's top-tier Golden Bear and Silver Bear prizes — but it's generated tremendous excitement in this former British colony desperate for a renaissance in its once-storied motion picture sector.

At its peak in the 1980s and 1990s, when China was still opening up from decades of isolation from the West, this freewheeling capitalist city was a major centre of Chinese-language cinema, churning out stylish kung fu and action thrillers that made international stars out of actors like Jackie Chan, Jet Li and Chow Yun-fat.

But with the mainland economy now modernized and thriving, bringing the promise of hundreds of millions of theatregoers, movie production has shifted north, drawing Hong Kong's top talent with it.

In a sign of the changing times, Chan also attended the Berlin festival — but he was there to promote a war film set in ancient China geared toward mainland audiences.

So when an unheralded, cheaply budgeted Cantonese film — the southern Chinese dialect used in Hong Kong, as opposed to the national dialect of Mandarin common on the mainland — won even a minor prize in Berlin, Hong Kong was euphoric.

News cameras were waiting when Law and producer Mabel Cheung wheeled their baggage carts into the arrival hall at the Hong Kong International Airport early yesterday fresh from a flight from Berlin. Their win dominated newspaper headlines.

THE ASSOCIATED PRESS

The Maid serves reality

Chilean director goes ape for humour in tragedy

ADAM NAYMAN
for Metro Canada

In Chilean director Sebastian Silva's award-winning film The Maid, a long-serving live-in housekeeper for an affluent suburban household finds her relationship with the family — and her hold on reality — slipping away in a haze of exhaustion and barely sublimated resentment.

What's most impressive about The Maid is the way it takes a very serious — and, given Chile's social and economic disparities, politically charged — scenario and mines it for both drama and comedy.

"I have heard it said that for every tear, you have to have a laugh," says Silva. "The film is a tragedy about an isolated woman, but awkwardness can also be really funny. The film doesn't have any jokes, but there is a lot of humour in discomfort."

Chilean director Sebastian Silva's The Maid was a Golden Globe nominee for best foreign film.

Silva's mixed tones succeed largely because of the performance of star Catalina Saaverda, who inhabits the lead role with an intensity bordering on savagery (a quality literalized in a freaky scene involving a furry gorilla mask).

"She's an exceptional actress, and I wanted to write something for her," says Silva. "I wanted to make a film about a maid, based on the one I had grown up with in my adolescence, and I called her to tell her about it. She was mad about it because she had done a lot of other maid roles on TV and soap operas. I begged her to read the script and she liked it enough to do it."

The ferocity of Saaverda's performance is heightened by Silva's cramped, restless visual style.

"I wanted to portray this situation as realistically as possible," he explains.

"I've always been captivated by cinema verite and the work of Frederick Wiseman, and I wanted that kind of naturalistic feel. I'm not an academic person, so I explained to my cinematographer as wanting it to look like it was shot by a 14-year old who had just received a video camera for Christmas. We're always following the action, and there are no fixed shots, waiting for characters to enter. I wanted it to feel spontaneous, and I think that's what we got."

The Maid opens Friday

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Rights fest highlights Canadian doc

ADAM NAYMAN
for Metro Canada

The idea that cinema represents an escape from reality receives a necessary antidote in the form of the Human Rights Watch International Film Festival, an annual series dedicated to films with underlying themes of social justice.

This year's program, which runs from tomorrow to March 6 at TIFF Cinematheque, features a number of strong titles, but the clear standout is opening-night presentation Last Train Home, a Canadian documentary that follows three years in the lives of a family of Chinese migrant workers struggling to remain together as the country's infrastructure serves to pull them apart.

"It's a sad reality of how the country is run," says director Lixin Fan, who will be in Toronto to introduce the HRW festival screening tomorrow at 7 p.m. at the Isabel Bader Theatre.

"In China, there's a famous saying which is difficult to translate but which means 'make some of the people rich first, and the rest will follow.'

"It's trickle-down economics. So you have people working 14 hours a day at a sewing machine, sending money home to their children, who they never see, and who resent them as a result."

This sense of resentment is embodied in the film by 17-year-old Zhang Quin, whose frustration at seeing her parents only once a year — during their annual 50-hour trek from their workplace to their rural home — boils over in a series of uncomfortably raw confrontations captured at close proximity.

"You have people working 14 hours a day at a sewing machine, sending money home to their children, who they never see, and who resent them as a result." "
Last Train Home director Lixin Fan

"It's not a common experience for people to have a camera following them around for three years," says Fan. "I told them that the film wasn't just about them, but a topic that's larger than all of them. At the same time, I 'don't do anything that you don't want to do.'"

Fan's attempt to maintain an ethical position behind the camera is complemented by his keen directorial eye. Despite having been shot with a single camera under difficult conditions, Last Train Home is visually stunning.

The question is whether such a timely, accomplished documentary will ever screen commercially in China.

"It played at a documentary festival there last year," says Fan. "The audience was very young, a lot of university students, many of whom had had similar experiences. One boy stood up and told me he had been crying for the entire screening. I hope we can put the film in the Chinese theatre chains, but we would be considered an 'import' film and they only take so many foreign films. So we would be competing with Avatar.'"

• Last Train Home begins its theatrical run Friday.

Last Train Home explores the lives of Chinese migrant workers.

Roth rooting for Basterds

Eli Roth is backing Inglourious Basterds for possible Best Picture Oscar glory. The Quentin Tarantino movie — which stars Roth — has landed a Best Picture nod as well as a Best Director nomination for the filmmaker. The Oscars are on March 7. FEMALEFIRST.CO.UK

Richard Gere, left, stars with Ethan Hawke in Brooklyn's Finest.

Gere 'quiet part' of police drama

Star acts his age in Brooklyn's Finest

Richard Gere may be one of the screen's most enduring sex symbols, working in an industry that worships the cult of youth, but he's not bothered about aging. In fact, he approached turning 60 in August as marking "just another year."

"It meant nothing, if you want me to be honest with you," said Gere from New York, a shrug in his voice, as he talked to Torstar New Service while promoting his latest movie, Brooklyn's Finest.

When pressed, he admits turning 50 was a jolt, "only because of the roundness of the number; the inability to be able to think you're 22.

"You do start to forget things a bit," he says, "and you don't recover with injuries as quickly."

Silver-haired Gere hasn't succumbed to vanity: still handsome, his features have changed and he looks his age onscreen as he plays Eddie Dugan, a recently divorced, burned-out career cop working his last week on the beat in Brooklyn's most dangerous neighbourhood.

Eddie's story is one of three separate police tales that are knit together in Brooklyn's Finest — Don Cheadle is an undercover drug squad cop desperate to get out and Ethan Hawke has to deal with temptation and rising panic as his lousy pay cheque can't stretch to care for his expanding family and ailing wife.

"He doesn't want to get involved. He wants the windows up and the radio off."
Richard Gere on his cop character

Directed by Antoine Fuqua (Training Day), Brooklyn's Finest opens March 5.

"This is literally the last seven days of his life as a cop and all those forces that play into memory and projection and what am I going to do, it's all quietly intense for him," Gere explains, adding he sees each cop's onscreen tale as "a short story, a small novella."

Gere describes Eddie's role as "the quiet part of the story."

It is, but the part still called for him to do some physically demanding work. "The hardest ones are the fight scenes because they end up being quite technical," says Gere,

Brooklyn's Finest opens March 5

Just trying to hang on for one more week, Eddie refuses to rise to the bait as young Turks on the force taunt him as a has-been with a booze problem. He bristles at having to take raw recruits as ride-alongs in his squad car. He just wants to be left alone to finish his shift.

"He doesn't want to get involved," says Gere. "He wants the windows up and the radio off."

Gere has sizzled as a leading man over the years, first catching moviegoers attention as street punk Tony in Looking for Mr. Goodbar with Diane Keaton in 1977 and then as swaggering male prostitute Julian in American Gigolo (1980). And he set the bar high for romantic moments as he swept Deborah Winger off her feel in An Officer and a Gentleman (1982).

Then there was Pretty Woman. Released 20 years ago next month, Garry Marshall's rom-com about a businessman (Gere) who falls for a call girl with a heart of gold whom he hires to accompany him to business events.

Now, Gere rarely makes more than one or two movies a year, which gives him time to devote to humanitarian causes.

As selective as he is about work, what made him sign on for Brooklyn's Finest, a small-budget movie that has taken more than a year to get into theatres since its premiere at Sundance?

"I liked the script a lot," Gere says.

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Sheen wife leaves rehab facility

TMZ has learned Charlie Sheen's wife, Brooke Mueller, has left a Malibu rehab facility because of a serious privacy breach. Sources say she left after someone sent a patient admissions document to various media — including TMZ. METRO NEWS SERVICES

Plummer does not expect to win Oscar

Legendary Canadian actor Christopher Plummer says he's not bothered at all that he had to wait so long to get his first Academy Award nomination.

"Charlie Chaplin had to wait until he was in his 80s to get it — can you believe that? — and so I'm in good company," Plummer, 80, said recently with a chuckle from his winter home in Palm Beach, Fla.

The Toronto-born stage and screen star, winner of multiple Tony and Emmy Awards, is up for the best supporting actor Oscar for playing ailing War and Peace author Leo Tolstoy in The Last Station.

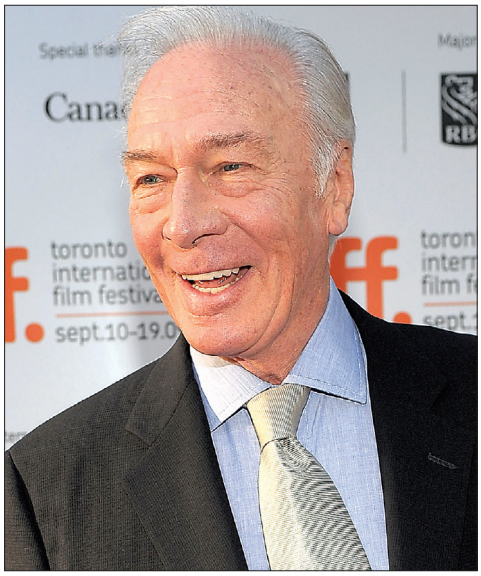
Plummer's performance is a rich blend of playful and powerful, from his ferocious arguments and whimsical bedroom scenes with Helen Mirren, who plays his marginalized wife, to his pitch-perfect mannerisms.

Despite not knowing what the Russian author sounded like, playing him wasn't a huge challenge as the screenplay was well written and theatrical, said Plummer, noting he'd also already read the writer's novels.

"We treated it all rather like a Chekhovian play and I think it came out that well," he said.

"I enjoyed it thoroughly because there was a lot of fun in Tolstoy. One tried to get as much humour behind the character as possible because I'm sure he had a wonderful, wild Russian kind of devilish humour, which doesn't come out in his books because they're translated.

"And of course, Helen Mirren is such fun to be with and such a wonderful actress and makes everything so easy and so joyful that it wasn't hard to be funny and twinkly because she was ever present."



Toronto-born actor Christopher Plummer is nominated for the best supporting actor Oscar for his role in The Last Station.

"To me, it's over because once you're nominated that's it, really. And that's the nice part of it — that you're nominated. I think that's great." Christopher Plummer

Still, Plummer doesn't expect to win the golden statuette.

The honour, he believes, will go to Christoph Waltz for his role as an exuberant and ruthless Nazi in Inglourious Basterds.

"He's terrific in it and it's a marvellously showy role. He'll get it," said Plummer, adding he isn't feeling the pressure ahead of the March 7 show, where he'll also compete against Matt Damon for Invictus, Woody Harrelson for The Messenger and Stanley Tucci for The Lovely Bones.

"To me, it's over because once you're nominated that's it, really. And that's the nice part of it — that you're nominated. I think that's great.

"The actual show is sort of rather long and we have to sit there for a long time, I think, but I will certainly go because of my competitors and it would look awful not to be there."

THE CANADIAN PRESS

Cyrus, Efron join Oscar presenters

Miley Cyrus, Zac Efron and Twilight co-stars Kristen Stewart and Taylor Lautner have joined the lineup at the Academy Awards.

Efron

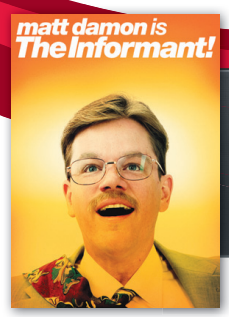
Cyrus

Oscar organizers announced Monday that Hannah Montana star Cyrus, High School Musical co-star Efron and Stewart and Lautner will be presenters at the awards show March 7.

They are four of Hollywood's biggest rising stars, bringing some youth appeal to the Oscars, whose overseers are trying to boost the show's TV ratings.

The Academy of Motion Picture Arts and Sciences previously announced that Sean Penn, Kate Winslet and Penelope Cruz, who won acting Oscars a year ago, will present the honours this time around.

THE ASSOCIATED PRESS



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Jolie spends time with dad

Angelina Jolie and her father Jon Voight have been famously estranged for years, but photographers caught Voight enjoying a sunny day in Venice, Italy, this weekend with his daughter, Brad Pitt and a few of the grandkids. RADARONLINE.COM

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Past haunts Idol hopeful

Contestant's failed musical causes stir

Todrick Hall

The success of an American Idol contestant is causing a stir among parents who are complaining they never got refunds for performance fees in a failed musical production Todrick Hall wrote and directed.

Hall, who last Tuesday made it into the top 24 on American Idol, wrote Oz, The Musical, which he billed on its Facebook page as "a contemporary twist on the classic story, with all new music."

He had been putting on small productions of the show since he was 17, using local, nonprofessional actors for the lead roles and casting local children as munchkins and flying monkeys.

"They were fabulous, just wonderful productions, and the kids just really loved them," said Dallas businessman Greg Money, who had three daughters in the shows.

Then in August 2008, Money agreed to finance a production of Oz in Lubbock, Tex., that used a professional cast for the lead roles. That led to a small tour of Texas cities in early 2009 Money says was a "financial disaster."

Reached by phone Friday, Hall said American Idol rules do not allow him to participate in any media interviews, however, he did generally confirm Money's account of events. Hall is scheduled to perform Wednesday on Idol with the top 12 male semifinalists.

Plans moved ahead to take the show on a national tour and Money said he tried to line up new backers. Several commitments fell through, however, and the show ended abruptly.

Meanwhile, in several cities, auditions had already been held and children were looking forward to performing on stage in a real musical. Many parents had paid a $50 performance fee that was never returned.

In Lakeland, Fla., Jennifer Davis, who owns the Art in Motion Academy of Dance, said she was not even informed the show had been cancelled. She found out when she opened the studio for a planned rehearsal and no one from Oz showed up.

"I don't believe (Hall) came to my studio knowing that the musical was going to go down and they would steal everyone's money, but it happened," she said. "He could have at least called — explained what was going on."

Money said he was responsible for the finances of the production, not Hall. He said Hall tried to make amends to the disappointed children by putting together a smaller, less expensive show, but even that lost money. THE ASSOCIATED PRESS

Roman Polanski, left, shares a moment with actor Ewan McGregor on the set of the director's latest film, The Ghost Writer.

The curious case of promoting Polanski

The Ghost Writer opens March 5

FILM To say the least, it can be difficult releasing a film when your star director is confined to his Swiss chalet awaiting possible extradition to the U.S. for a sex crime committed in the 1970s.

That's the unique situation for Roman Polanski's The Ghost Writer, which opens in Canada next month. What began as a typical production for Polanski was upended when he was arrested in Switzerland last September in connection with a 32-year-old rape case.

Suddenly, Polanski's past returned to the front pages. "It's sad for all concerned, but it's also heightened the movie," said Pierce Brosnan, who stars in it. "The movie's in the can, he's in the can."

The 76-year-old, Oscar-winning filmmaker fled the U.S. in 1978 after pleading guilty to unlawful sexual intercourse with a minor. He is currently under house arrest at his Gstaad chalet, where he's awaiting a Swiss decision on whether to extradite him to the U.S.

The arrest interrupted Polanski as he was finishing post-production on The Ghost Writer. Though he had wrapped principal photography in February and completed a rough cut in August, he had to finish editing the film while in prison before being granted house arrest.

Relaying materials through his lawyers, Polanski edited some of the movie alongside fellow prisoners peeling onions.

Executives for Summit Entertainment, which is releasing the film in the U.S., are staying mum — as are publicists and agents associated with the movie.

The theatrical trailer for The Ghost Writer hardly mentions Polanski's name, something that might normally be expected for the auteur director of Chinatown and Rosemary's Baby.

The strategy is clear: emphasize the movie and downplay Polanski.

THE ASSOCIATED PRESS

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SECOND CUP

DVD picks

The Damned United

Directors: Tom Hooper

MOST SPORTS MOVIES follow the all-too-predictable pattern of tracking an unlucky club as it struggles to find its heart and win a championship.

The Damned United, written by Peter Morgan with the same keen insights he brought to Michael Sheen's previous triumphs, The Queen and Frost/Nixon, goes the other way.

It's all the better for it.

Sheen is Brian Clough, who was briefly the coach of the Leeds United soccer team, in an incident from the 1970s that is almost Shakespearian in its hubris.

Just 44 days after he took the helm, the Leeds board removed Clough. He'd managed to alienate management, players and fans in record time with his outrageous insults, bullying, boasting and vendettas, which became the stuff of worldwide headlines.

Director Tom Hooper wastes little time on the pitch, making judicious use of archival footage and some recreated action in a film otherwise rich with period detail and colour.

Sheen's performance is controlled fury, barely touching ground as he presents Clough as being the very picture of a delusional fool.

Extras includes a commentary by Hooper, Sheen and producer Andy Harries, deleted scenes (with optional director's commentary), and several featurettes.

The Informant!

Directors: Steven Soderbergh

ASTUTE FOLLOWERS of Steven Soderbergh's contrarian ways learn to be wary of the director's zanier instincts.

So word that his new film The Informant! is a whistleblower drama that plays like cracked satire should be cause for at least one raised eyebrow.

Here's the good news: his instincts are spot on this time. In adapting reporter Kurt Eichenwald's non-fiction account of Mark E. Whitacre, the corporate corn husker turned federal snitch, Soderbergh has given this incredible story exactly the amount of insanity it deserves.

Matt Damon added 30 pounds, bad hair and an Alfred E. Neuman smile to play Whitacre, and he got it exactly right, too.

Peter Howell/for Metro Canada

Top Model to premiere March 10
The 14th cycle of America's Next Top Model doesn't premiere until March 10 on the CW, but Tyra Banks and company are already searching for the cast of cycle 15. Banks is inviting aspiring models to skip the lines and audition for the show online. **PEOPLE.COM**

GARETH CATTERMOLE/GETTY IMAGES

Vivienne Westwood, centre, walks down the catwalk after her Red Label fashion show during London Fashion Week on Feb. 21 in London, England.

Designer shows line, spurns consumerism

Stop buying clothes, says Vivienne Westwood

One-of-a-kind designer Vivienne Westwood presented a gorgeous collection of autumn and winter outfits at London Fashion Week on Sunday night — then told reporters she hopes people stop buying her clothes.

"Stop all this consumerism," said Westwood, the former high priestess of punk, who has increasingly used her catwalk shows to spotlight her concern about the impact of climate change. "I just tell people, stop buying clothes. Why not protect this gift of life while we have it? I don't take the attitude that destruction is inevitable. Some of us would like to stop that and help people survive. We have to pressure government — there is a chance to save ourselves and we have to take it."

"Stop all this consumerism."
Vivienne Westwood

Westwood, long one of Britain's most celebrated designers, said she is looking beyond the world of fashion and wants to try other challenges, including a television series on art and science after she shows her Gold Label collection in Paris next month.

"I just want to do much more interesting things with my life," sighed Westwood, wearing a grey head scarf embroidered with the word "chaos" atop her trademark orange-tinted hair. As she spoke about moving beyond fashion, Westwood was in a position any designer would cherish: Her new collection had brought the house down, supermodel Kate Moss — in a black top, tight jeans and black leather cap — was waiting to congratulate her, and the audience of adoring fans included singer Janet Jackson and model Naomi Campbell.

The show was held in the austere Royal Courts of Justice, where Britain's most momentous court cases are heard. Only Westwood could turn the cavernous, neo-Gothic grand hall into a fashion emporium. The eclectic Red Label collection, which Westwood called romantic, began with models wearing t-shirts designed to call attention to the crisis in Haiti, in hopes of raising money for Campbell's effort to help mothers and babies displaced by the earthquake.

THE ASSOCIATED PRESS

Williamson lights up winter

FASHION Women should light up the dark nights of winter — and designer Matthew Williamson show them how with an exuberant display of slinky evening wear in vibrant colours.

"Absolutely fantastic," said '60s supermodel Twiggy, whose stellar career has been marked by longevity.

"I want about ten things. I want the harem pants in every colour, they were amazing, and also those evening dresses, I probably couldn't wear them, but I think we'll be seeing a lot of those on the red carpet."

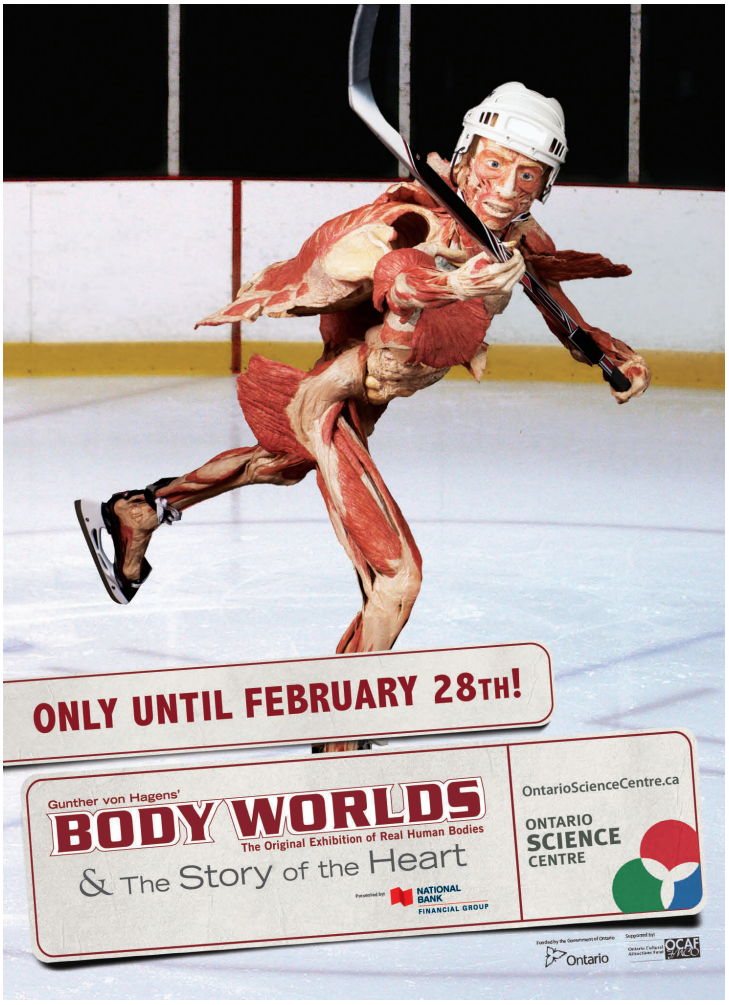
Williamson

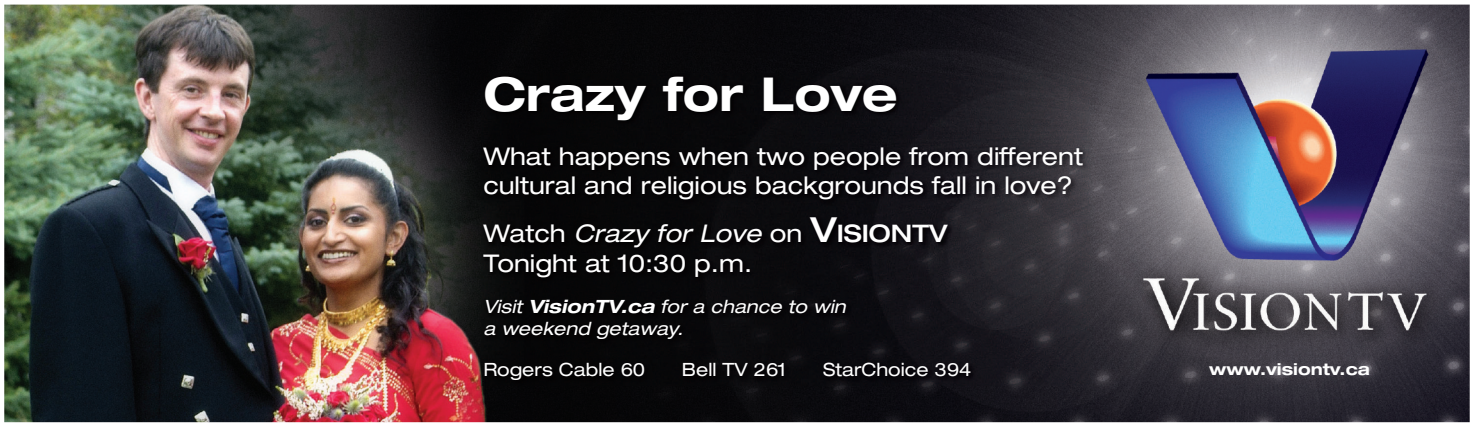
Twiggy said Williamson's clothes were extremely wearable.

"I love Matthew to death, I think he's a genius," she said. "They're for all age groups. The young look great in them. I'm certainly not young, and I love wearing them."

Actress Sienna Miller was also proud to pronounce herself a "FOM" — Friend of Matthew — and praised his outfits from her front row perch. So did model Yasmin Le Bon.

"He's taken the brand to a whole new level," said Miller, who is showing her Twenty8Twelve collection, designed with her sister Savannah Miller, later Sunday night. The high celebrity quotient increased the pressure on Williamson, whose fall and winter collection lived up to expectations. THE ASSOCIATED PRESS





Done dishing

Lisa Rinna is done dishing about plastic surgery. The 46-year-old actress — who has Juvederm fillers, Botox, lip-plumping and breast implants — apologized to Heidi Montag for saying that she hid the cover of People, featuring Montag and her 10 plastic surgeries, from her two young daughters. **USMAGAZINE.COM**

Intimate night with Dan Hill

BRIAN TOWIE
Metro Canada

How do you make it as a black person in a white world? Aim higher and work harder. Dan Hill and his family know all about it.

The Grammy and Juno Award-winning singer-songwriter, most recognized for his classic Sometimes When We Touch, will appear in concert at the Royal Ontario Museum's Signy and Cléophée Eaton Theatre tonight with guests Joe Sealy and Liz Rodrigues to celebrate Black history month.

The night will feature musical selections from Hill's upcoming album Intimate — an album spanning fifteen years of his most candid reflections.

He'll also talk on his book I Am My Father's Son: A Memoir Of Love And Forgiveness, where Hill comes to terms with the lifelong relationship between he and his often gregarious, always demanding father — human rights activist Dr. Daniel G. Hill — and the legacy he left behind following his death in 2003.

"It's going to be a potpourri of different styles and we're going to be celebrating very powerful Black role models," Hill said (modestly avoiding mention of his dad's achievements as the Ontario Human Rights Commission's first-ever director and co-founder of the Ontario Black History Society, among other feats). "Father-son struggles like mine are pretty universal. We're always in their shadows and we're always working hard to impress them."

Dan Hill plays songs from upcoming album Intimate tonight at the ROM.

A tough act to follow, for certain, but triumph tends to run in the family. Look no further than the Hill clan for fine examples of Black achievement. Brother Lawrence Hill penned award-winning novel The Book Of Negroes, and Dan Jr.'s musical career spans nearly 40 years of writing hits for himself and some of the more prominent names in the biz, including Céline Dion, Alan Jackson and the Backstreet Boys.

"It's going to be a potpourri of different styles and we're going to be celebrating very powerful Black role models." Dan Hill

Nothing much different in this talented gene pool, says Hill, who partly credits the success to his father's exacting and at times overwhelmingly high standards. Factor in growing up the child of a mixed-race family in the predominantly white neighbourhood of Don Mills in the 1950s and '60s — an environment where the Hills had to put in Herculean efforts to overcome the quiet, though nonetheless insidious, prejudices with which they contended.

"The racism (in Canada) was more polite. It was definitely a friendlier environment than the States (where Hill Sr. grew up)," says Hill. "It's both a blessing and a curse. Being black, you faced an uphill battle. The odds were set against you, so black families had to hyper-achieve. A lot of those racial and cultural biases still exist today, to a degree. But the power of your success trumps any racism."

At the ROM

- Dan Hill, best known for single Sometimes When We Touch, appears at the Royal Ontario Museum's Signy and Cléophée Eaton Theatre tonight with guests Joe Sealy and Liz Rodrigues to celebrate Black history month.

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Condie to stroke the keys for charity
Officials with a California non-profit group say former Secretary of State Condoleezza Rice has agreed to play the piano at a benefit concert to raise funds for a local school. THE ASSOCIATED PRESS

Abbey Road plan shelved

Cash-strapped music company EMI Group Ltd. has shelved plans to sell Abbey Road and is now looking for an investor to help save the London recording studio made famous by The Beatles.

News last week that EMI had been speaking to potential buyers sparked dismay among music fans. Former Beatle Paul McCartney said he hoped Abbey Road could be preserved, and the National Trust heritage group said it was considering buying the building.

But EMI now says it wants to keep the facility and is talking to "interested and appropriate third parties" about a revitalization project.

Abbey Road is one of the world's most famous music studios, used by artists including Pink Floyd, Jeff Beck and Radiohead.

EMI said Sunday it had rejected a 30 million pound ($50 million US) offer for Abbey Road last year. It said Abbey Road had been losing money "for a number of years ... and we have developed plans to revitalize the studios. These plans would involve a substantial injection of new capital."

EMI — whose artists include Coldplay, Lily Allen and Robbie Williams — has struggled financially since it was bought in 2007 for 2.4 billion pounds by private equity firm Terra Firma Capital Partners.

An audited report released earlier this month revealed that Terra Firma needs a huge cash infusion by June to avoid defaulting on its loans from Citigroup Inc. and may require more than $165 million to last through this year. The studio is most closely associated with The Beatles.

THE ASSOCIATED PRESS

Connick Jr. lifts spirits in D.C.

WHITE HOUSE Harry Connick Jr. told students Sunday that music can get people through the darkest times — even a disaster like Hurricane Katrina, which devastated his hometown, New Orleans, in 2005.

The Grammy-winning composer and singer was welcomed to the White House by first lady Michelle Obama, who invited him to perform for members of a Washington elementary school glee club. Connick invited one of the children to join him and his band onstage and help sing ``When the Saints Go Marching In.''

Mrs. Obama told the children that just as singing in their club makes them happy, music can help lift the spirits of a city like New Orleans.

"These guys aren't just playing music and earning money and performing, but they're also community leaders, too," Mrs. Obama said. THE ASSOCIATED PRESS

GETTY IMAGES FILE PHOTO
Harry Connick Jr.

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Drumming up allegations

Police were called to a California restaurant Sunday morning after paparazzi accused Blink-182 drummer Travis Barker of making threats and slashing tires. A video posted on TMZ shows Barker in a profanity-laced screaming match with photographers waiting in a car. **POPEATER.CA**

Entertainment in brief

COMICS A rare copy of the first comic book featuring Superman has sold for $1 million US, smashing a record set just last year. The issue sold Monday morning is a 1938 edition of Action Comics No. 1, widely considered the Holy Grail of comic books. It features Superman lifting a car on its cover and originally cost 10 cents. It was sold by a private seller to a private buyer, neither of whom released their names. The sale was conducted by the auction site ComicConnect.com.

THE ASSOCIATED PRESS

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FTCC

No Hiccups in casting

Corner Gas alumni team up again for new series

IAN JOHNSTON
for Metro Canada

Corner Gas alum Nancy Robertson admits she was a little hesitant when husband/co-star Brent Butt offered her the lead in his new series Hiccups.

Nancy Robertson stars in the new CTV comedy Hiccups.

"I was just worried people might get the impression that I only work with Brent. Which isn't true," says Robertson, who plays a volatile children book writer in the CTV comedy.

"But the part was so great. She's so free. So open. It's real fun to play."

Created by Butt, Hiccups focuses on Millie Upton, the writer of Grumpaloos, a hugely successful series of children's books.

Millie's problem is she tends to speak her mind. And when she gets ticked off, she gets really ticked off. So much so, her agent and publisher convince her to go into therapy to curb her outbursts.

The Gemini-winning Robertson, who married Butt in 2005 while making Corner Gas, is hesitant to call Millie "angry", though the character does tend to meltdown in coffee shops and book stores.

"I wouldn't say she has anger issues. More like emotional issues. She's extreme. When she's happy, she's really happy. But she's totally content with who she is. She's just an author who doesn't know how to work with people."

So, in the series premiere, Millie seeks the help of a down-and-out "life coach" Stan — played by Butt. Their odd couple teaming forms the center of Hiccups. "She personally doesn't think she needs a life coach. It's more for the other people in her life. They can't handle being around her."

Hiccups premieres the night of Monday, March 1, on CTV.

Usual suspects get nods for WGC awards

WRITING Less Than Kind, Corner Gas and Flashpoint are among the finalists for the 2010 Writers Guild of Canada Screenwriting Awards.

The feature film category includes nominations for Crackie, written by Sherry White, and the upcoming Jay Baruchel movie The Trotsky, written by Jacob Tierney.

Four instalments of the Winnipeg-shot sitcom Less Than Kind made the cut in the episodic half-hour category. Corner Gas was the other nominee.

Brent Butt and Corner Gas have been repeat winners in past Writers Guild of Canada Screenwriting Awards.

In the episodic one-hour category, ZOS: Zone of Separation scooped up two nominations while Stargate Universe, Cra$h and Burn, Murdoch Mysteries and Flashpoint grabbed one apiece.

Rounding out the film category is High Life, written by Lee MacDougall, A Shine of Rainbows, written by Vic Sarin, Catherine Spear and Dennis Foon, and Love and Savagery, written by Des Walsh.

In the variety category, This Hour Has 22 Minutes has received two nominations.

The Ron James Show and Rick Mercer Report received the other two nods in the variety writers category.

The finalists were chosen from 148 scripts. The winners will be announced April 19 in Toronto.

THE CANADIAN PRESS

Last year

- Corner Gas won for best episode in the 2009 half hour category.
- Flashpoint won for best episode in the 2009 full hour category.
- Blindness with screenplay by Don McKellar won the 2009 feature film category.
- Awkward written by Kellie Ann Benz won the 2009 short film award at last year's event.

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/23/10	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		*The Trial of Tony Blair*		Can Dogs Smell Cancer		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Code of Conduct"		NCIS: Los Angeles		The Good Wife (HDTV)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Voice of Courage		XXI Winter Olympics Figure Skating, Skiing. (Live)				
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		How I Met	Accidentally	Scrubs	Better Off Ted	Dark Blue		News
	212	313	8	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. Hockey; Figure Skating; Medal Ceremonies. (Live)								
	218	345	11	CHCH	*High Adventure* (2001, Action) Thomas Ian Griffith, Anja Kling.				*Spider* ★★★ (2002, Suspense) Ralph Fiennes, Gabriel Byrne.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Doctors With Borders		Fade to Brown	Spirit of Art	XXI Winter Olympics Figure Skating, Skiing.		
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Code of Conduct"		NCIS: Los Angeles		The Good Wife (HDTV)		News 4 at 11
	-	385	17	NBC	Entertainment	Olympic Zone	XXI Winter Olympics Figure Skating, Bobsled, Freestyle Skiing. (HDTV) (Live)						
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost Locke seeks help.		Lost "Lighthouse" (N)		the forgotten (HDTV) (N)		News
	219	346	20	ACH-B	Lost "Lighthouse" (N)		American Idol The top 12 female semifinalists perform.				Past Life "Saint Sarah"		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol The top 12 female semifinalists perform.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (DVS)		Frontline (N) (DVS)		A Ripple of Hope		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "June"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	Connect with Mark Kelley (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Asia Squawk Box (Live)		Cash Flow (Live)				Mad Money
sports	405	417	22	net	(6) XXI Winter Olympics Curling, Figure Skating. (HDTV) (Live)								
	400	400	30	TSN	(6) XXI Winter Olympics Curling, Bobsledding, Hockey, Speed Skating. (HDTV) (Live)								
	411	457	58	OLN	Ghost Hunters		(7:59) XXI Winter Olympics Bobsled. (Live)				Ghost Hunters International		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	Fries That?	Prank Patrol	The Next Star "Duets"		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	America's Best Dance Crew			My Date With...	Make It or Break It		MOD Live at the Base		Concert Series
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime		Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	616	521	39	SHO	Relic Hunter		*XIII* (2009, Suspense) Val Kilmer, Stephen McHattie.				Drop Dead Diva "Crazy"		NCIS
	620	523	40	BVO	Quest for Excellence		McLauchlan	Denny Doherty and The Mamas & The Papas			At the Concert Hall (N)		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Batman-Robin*
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Boyz N the Hood* ★★★ (1991, Drama) Larry Fishburne.				Michael Vick	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		Buried	Life of Ryan	16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer Chip.		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Knuckle Up"		Missing "Domestic Bliss"		The Closer		Cold Case "Knuckle Up"		Psychic Inv.
	300	601	301	M1	(7:15) *Almost Heaven* (2006, Romance-Comedy)				*Vicky Cristina Barcelona* ★★★ (2008)			(10:45) *Boy A* (2007)	
	305	612	306	PIX	*Coming Home*	*Dance Me Outside* ★★★ (1994, Drama)			*Slap Shot* ★★★ (1977, Comedy-Drama) Paul Newman.				*Lost Souls* ★
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Sexiest Body Parts		FashionTele	RAW	Canada's Next Top Model		America's Next Top Model		Blush: Artist

critics' corner

Style by Jury
Elizabeth, a widowed motorcycle mama, has been in a relationship for four years, but she and her boyfriend are lacking that special spark. It doesn't take host Bruce Turner, wardrobe consultant David Clemmer and the rest of the team long to figure out why: She has lost touch with her feminine side, favoring men's clothes and eschewing anything girly in the new episode "No Spark No Flame." 9:30 PM on W

American Idol
On this season's first night of viewer voting, the top 12 female semifinalists take to the stage hoping to earn another week in the competition as they perform live for judges Simon Cowell, Ellen DeGeneres, Randy Jackson and Kara DioGuardi, as well as fans at home. 8 PM on ACH-B FOX

NCIS: Los Angeles
While Hetty is at a Senate hearing in Washington, D.C., an investigation into the death of a Marine lance corporal leads Callen and Sam and the rest of the team to stolen anti-tank missiles and a dangerous militia group in "Ambush." 9 PM on GTV CBS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Phillippe single again
It's over between actress Abbie Cornish and boyfriend Ryan Phillippe, her spokesperson confirms to people.com. "Abbie ended the relationship with Ryan and she moved out of their home," she said. METRO NEWS SERVICES

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

AMY WINEHOUSE. One of the most exciting talents to emerge from the UK in years, Amy Winehouse's musical genius is often overshadowed by her personal drama. Now divorced and reportedly clean after having spent the better part of a year in St Lucia, Winehouse is back in London working on new material which, hopefully, will give us something new to talk about. Here are three things you might not know about Amy Winehouse:

ONE She learned to play drums for her highly anticipated third album due for release this year.

TWO Winehouse's personal fortune dropped from £10 million to £5 million between 2008 and 2009 as her parents managed her money while she battled addiction.

THREE Winehouse's new addictions are apparently plastic surgery and exercise. Her father told the British papers that she loves her breast enlargement, is considering having some work done on her ass, and exercises several hours a day.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

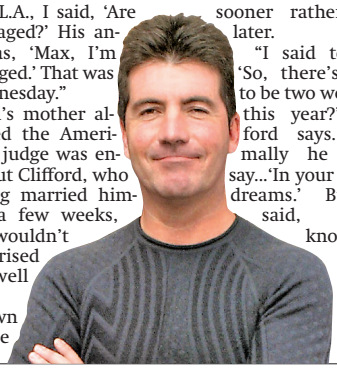
Cowell: Engaged or not?

AN OVERLY CRITICAL HUSBAND — SOUNDS LIKE A GREAT CATCH Simon Cowell's rep, Max Clifford, tells People magazine he cannot confirm reports that the American Idol judge is engaged to makeup artist Mezhgan Hussainy. But don't be surprised if Cowell pops the question before too long.

"I see it being repeated everywhere," Clifford says. "But when I asked him last Wednesday, when he and Mezhgan were about to fly back to L.A., I said, 'Are you engaged?' His answer was, 'Max, I'm not engaged.' That was last Wednesday."

Cowell's mother also denied the American Idol judge was engaged. But Clifford, who is getting married himself in a few weeks, says he wouldn't be surprised if Cowell followed him down the aisle sooner rather than later.

"I said to him, 'So, there's going to be two weddings this year?'" Clifford says. "Normally he would say...'In your wildest dreams.' But he said, 'Who knows?'" METRO NEWS SERVICES



Rihanna gets a surprise at 22nd birthday party

WHAT A DIFFERENCE A YEAR MAKES Rihanna's rumoured boyfriend surprised her with a 22nd birthday party on the weekend, femalefirst.co.uk reports.

The singer was "shocked" by the bash put together by baseball player Matt Kemp in Phoenix, Arizona — where Kemp is currently training — as she was only expecting a small gathering of friends. The party was extra-special for Rihanna as she cancelled her 21st birthday party in the aftermath of her assault at the hands of Chris Brown early in February 2009. METRO NEWS SERVICES

Duff shows off ring

AND COMRIE SHOWS OFF HIS FUTURE TROPHY WIFE On Friday, Hilary Duff showed off her huge engagement ring from hockey player Mike Comrie as she continued vacationing in Hawaii, where the singer, 22, recently got engaged, usmagazine.com reports.

Celeb jeweler David Mamane, CEO of MyJewelryBox.com, tells usmagazine.com the ring appears to be a 4.5-carat Asscher-cut engagement ring. Estimated price? $300,000.

Shortly after they began dating in 2007, Comrie surprised Duff with a Mercedes-Benz G-class SUV. METRO NEWS SERVICES

Lohan admits to hard drug use

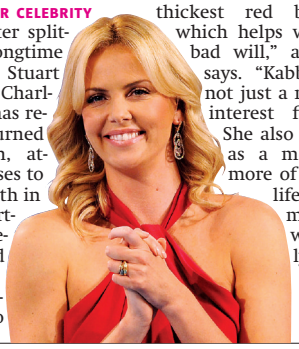
IN OTHER NEWS, THE SKY IS STILL BLUE Lindsay Lohan admits she's used drugs in the past to deal with personal problems, and when her father, Michael Lohan, started talking to the press about her issues, it only made matters worse, she reportedly tells the Sun.

"When my father was going public, that's when I hit rock bottom," Lohan tells the newspaper. "I tried to mask my problems with alcohol, cocaine and mind-altering substances. Now I'm in a place where I don't need to use anything and I feel emotions because I choose to." METRO NEWS SERVICES

Charlize Theron embracing Kabbalah after bad break up

WATCH OUT SCIENTOLOGY — KABBALAH IS GIVING YOU A RUN FOR YOUR CELEBRITY MONEY After splitting with longtime boyfriend Stuart Townsend, Charlize Theron has reportedly turned to Kabbalah, attending classes to study the faith in L.A. and sporting the trademark red string bracelet, according to the Daily Mail.

"Charlize is wearing the thickest red bracelet, which helps ward off bad will," a source says. "Kabbalah is not just a religious interest for her. She also views it as a means to more of a social life and mixing with Hollywood." METRO WORLD NEWS



Tiger back in rehab clinic

AW SHUCKS, LET'S FORGET EVERYTHING AND LOVE TIGER AGAIN... After his public apology last week for his marital indiscretions, Tiger Woods is back in rehab, having traveled to a facility in Arizona over the weekend with wife Elin Nordegren, according to Radar Online. But Nordegren may not be by his side the entire time. "Elin may not stay the entire week with him," a source tells the Web site. "She taking the marriage one day at a time." METRO WORLD NEWS

Follow these celebrities on Twitter...

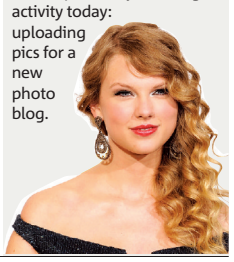
CelebTweets

TAYLOR SWIFT is being productive with her jet lag, **WILLIAM SHATNER** is focused on his goals, and **SAMANTHA RONSON** is getting professional help.

@WilliamShatner Riding again tomorrow morning. Have to stay in top shape to win the Pacific Coast Year End Horse of the Year again this year.

@samantharonson headed to therapy- 1st thing on the agenda- why the hell am i sitting here with tears in my eyes watching american idol?

@taylorswift13 I've been waking up at 5am every morning since we got back from Japan. Early morning activity today: uploading pics for a new photo blog.



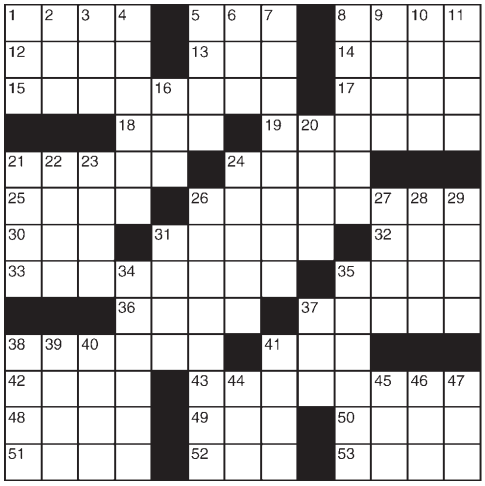
The Weather Network ©The Weather Network 2010

Today Rain and snow 60% 2° / -6°
Wednesday Rain and snow 40% 2° / -2°
Thursday Light snow 70% 1° / -2°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

1 There's a lot of this ...
5 ... in this
8 — gin fizz
12 Sandwich cookie
13 Crony
14 Full house, e.g.
15 Wrenches
17 Memorization method
18 Got a look at
19 Prayer
21 Parsley piece
24 Algerian port
25 Baseball's Hershiser
26 Controversial punishment
30 Newhart or Hope
31 "Million Dollar Baby" star
32 Life story, for short
33 Droopy-eared dogs
35 Heart of the matter
36 Historic times
37 Sound portion
38 Cup holder
41 Possess
42 A deadly sin
43 All aglitter
48 Neighborhood
49 Annoy
50 Loathe
51 Catherine who wed Henry VIII
52 Ph. bk. info
53 Elliptical

DOWN

1 "Mayday!"
2 Dadaist Jean
3 Meadow
4 Adenoid neighbor
5 Jet forth
6 Corn spike
7 Losers
8 Get smaller
9 Asian nation
10 Aware of
11 First place?
16 Run-down horse
20 File crosser
21 Weeps loudly
22 Item on stage
23 Singer McEntire
24 October birthstones
26 Administers an oath of office to
27 Footnote abbr.
28 Unless (Lat.)
29 Head for
31 Paddock pop
34 Beverage of the gods
35 Overly enthusiastic
37 Plant bristle
38 High-five, e.g.
39 Emanation
40 Addict
41 Erstwhile acorns
44 In favor of
45 Restroom, for short
46 Greek vowel
47 Benicio — Toro

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

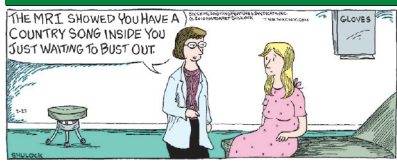
		9					8	7
	6	5		3	8			
2			1					
4		1	2		6			
	9						5	
			9		7	1		8
					5			4
			6	4		9	2	
6	4					3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

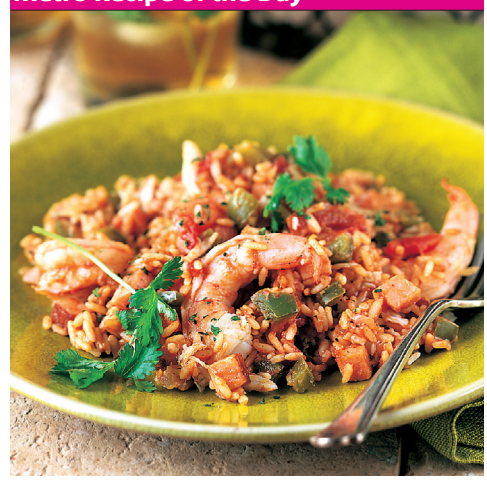
2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Jamaican Shrimp and Crab Jambalaya

INGREDIENTS:

1 tbsp canola oil
2 tbsp all-purpose flour
2 medium onions, chopped
1 large green pepper, chopped
1 celery rib, chopped
3 oz bacon, diced
796 ml can chopped tomatoes in purée
284 ml can chicken broth
1 1/2 cups long-grain white rice
2 tsp Old Bay seasoning
450 g large shrimp, peeled and deveined
225 g lump crabmeat, picked through
2 tbsp chopped fresh cilantro

MEHTOD:

1. Lightly coat large skillet with nonstick cooking spray; set over medium heat. Add oil and flour and stir constantly until roux turns deep brown, 5 minutes. Add onions, green pepper, celery and bacon; sauté until vegetables are soft, 5 minutes.
2. Stir in tomatoes, broth, rice and Old Bay seasoning; bring to boil over high heat. Reduce heat to medium-low, cover, and simmer until rice is almost tender, 20 minutes. Fold in shrimp and cook until shrimp are pink and firm, 5 minutes.
3. Fold in crab; cover and cook 1 minute. Remove from heat and let stand 3 minutes. Sprinkle with cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Give people you meet and mix with today all the praise they can handle. They may not deserve a word of it though.

TAURUS ♉
APRIL 21-MAY 21
If you don't feel quite right in the company of certain people today you must not be afraid to turn your back and walk away.

GEMINI ♊
MAY 22-JUNE 21
Today's Sun-Pluto link cuts across the career and financial angles of your chart, so chances are you will enjoy some sort of windfall.

CANCER ♋
JUNE 22-JULY 22
Age and experience may be good things to have but energy and enthusiasm are more important in what you put into your doings over the next 24 hours.

LEO ♌
JULY 23-AUG 23
If you need to attempt something difficult or detailed, now is the ideal time to give it a go. Pluto in the work area of your chart is energized by the Sun.

VIRGO ♍
AUG 24-SEPT 22
If someone suggests that you might like to lower your sights a little today you should suggest right back at them that they might like to raise their own.

LIBRA ♎
SEPT 23-OCT 23
Only you know how hard you have worked to reach a certain level, so only you can decide whether or not it is worth carrying on.

SCORPIO ♏
OCT 24-NOV 22
Something of a creative or artistic nature has the potential to make you a star, and rich with it, but it won't just happen as if by magic.

SAGITTARIUS ♐
NOV 23-DEC 21
Family and financial matters are under excellent stars today and if you follow your instincts you won't go far wrong.

CAPRICORN ♑
DEC 22-JAN 20
You are on such dazzling form at the moment that you will get what you desire one way or another.

AQUARIUS ♒
JAN 21-FEB 18
Put yourself out for other people today, no matter how much it might cost in time, energy or money.

PISCES ♓
FEB 19-MARCH 20
Everything evens itself out in the end, so if you feel you have gained something you don't deserve it can only be because you did something good.

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Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
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6535B Mississauga Rd.
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6200 Dixie Rd.
34 Bristol Rd. E
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Oakville
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760 Pacific Rd.

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Vaughan Mills Outlet Mall
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